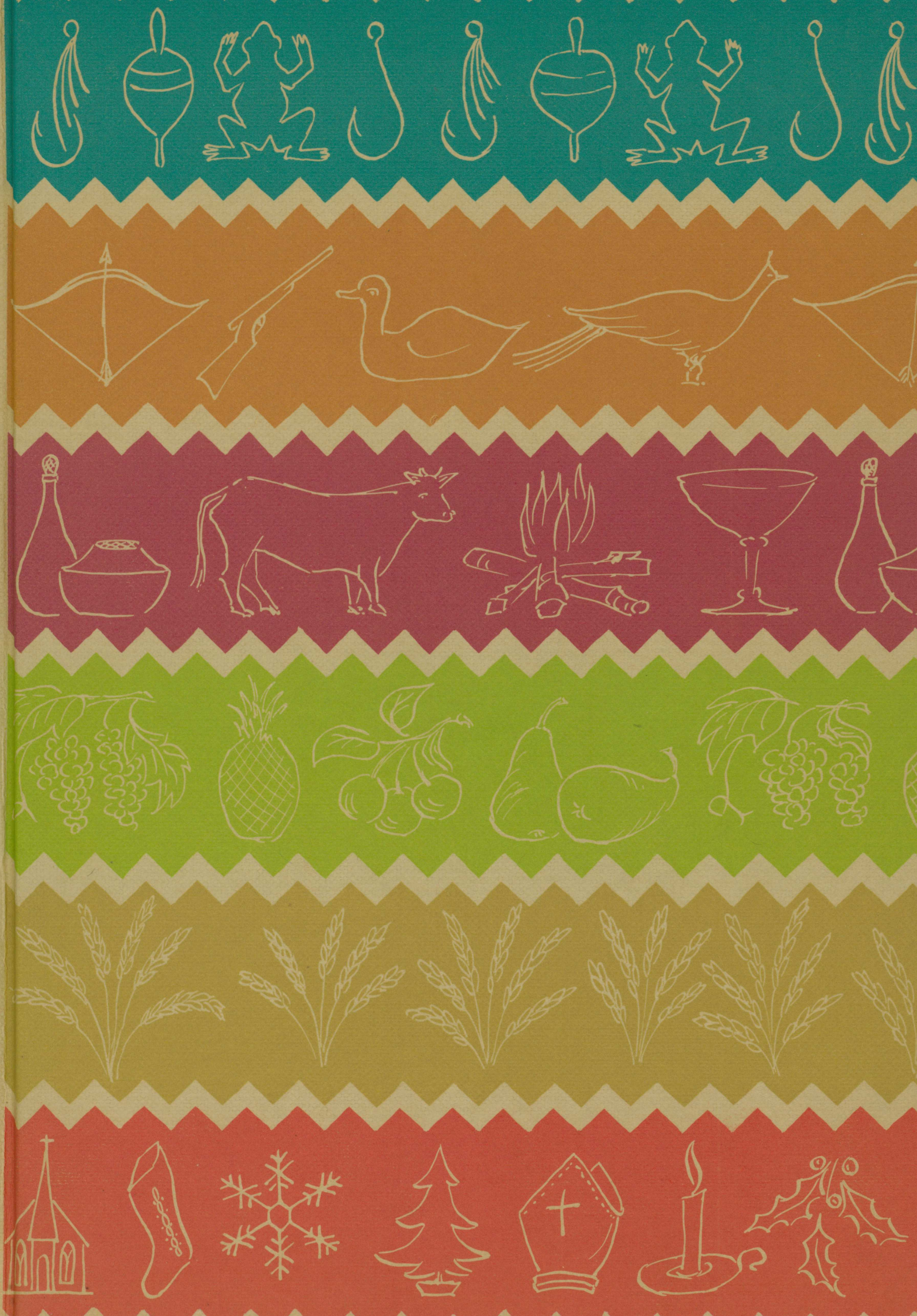

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THEATRE IN THE KITCHEN

THEATRE IN THE KITCHEN

A Cookbook

with recipes collected by the Actors' Committee of Bastion Theatre, Victoria, British Columbia, from Canadian stage, radio and television personalities at home and abroad.

Published for the Actors' Committee of Bastion Theatre
by the Morriss Printing Company Ltd.,
Victoria, British Columbia, Canada.

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in an edition of one thousand copies
and donated as their Centennial Project 1966
to the Bastion Theatre for
the furtherance of professional theatre in Victoria

TYPOGRAPHY BY CHARLES MORRISS

ART WORK BY GUS RUETER

a586444
15/12/2014

EDITOR'S NOTE

We hope our readers will enjoy THEATRE IN THE KITCHEN as a book to read for fun, apart from a book in which to discover maybe, new culinary ideas.

I have endeavoured to retain the wording in which the contributors replied so kindly to our request, altering only where deemed necessary for clarity and brevity, or to conform with the basic typographic style. I feel perhaps they are indicative of personalities and a rather charming insight into their busy lives and kitchen activities.

To paraphrase Gilbert and Sullivan, an editor's life is not a happy one!

NESTA MORRISS, *Chairman*,
ACTORS' COMMITTEE,
BASTION THEATRE.

Men that can have communication in nothing else, can sympathetically eat together, can still rise into some glow of brotherhood over food and wine.

THOMAS CARLYLE

ACKNOWLEDGEMENTS

The Actors' Committee of Bastion Theatre express their sincere thanks and deep appreciation to Charles Morriss, of Morriss Printing Company Ltd., Victoria, British Columbia, for his most generous gift of the entire costs of producing this book, and to Gus Rueter for his delightful illustrations and cover design.

The Committee also thanks the many people who have so kindly responded to the request for recipes.

The entire proceeds from the sale of this book go to The Bastion Theatre for the furtherance of the dramatic arts in Victoria.

BASTION THEATRE

At the start of its fourth season, Bastion Theatre is well along towards its goal — a professional theatre centre for Vancouver Island, with headquarters in Victoria. There is of course, a season of adult plays and a series of children's plays, both presented at the McPherson Playhouse. But our aim from the beginning has been to develop, not only a showcase but an institution with roots deep in the community, to draw on the artistic resources of the region.

To this end, a touring company performs in elementary and high schools up and down the Island. Theatre classes involve 150 children and adults in winter and summer sessions, and a Studio Theatre, re-established this season, presents new and experimental plays, and acts as a proving ground for actors and directors.

In such a far-flung country as Canada, a national theatre must consist of a chain of regional centres whose exchange of artists and ideas will add the flavour of each region to the cultural life of the nation as a whole. As the national picture develops towards this ideal, Bastion is developing to truly reflect, and be a source of pride to, Vancouver Island.

PETER MANNERING, *Artistic Director*,
BASTION THEATRE.

FOREWORD

"Would you write a foreword for a cookbook?" "Could you contribute a recipe?". For one whose experience in cooking is something less than negligible, and to whom adding is more likely to mean a column of figures than a cup of flour, such a request was, and still is, quite unnerving. The only way out (and I am unsure whether this is a positive or negative contribution to the art of cookbookery) is to reveal, for the benefit of bachelors and other non-cookers who may, like me, be quite bemused by the recipes in this book, a method which completely eliminates all need for cooking. The ingredients are simple.

1. A list of friends who can cook.
2. A generous helping of "I'm just a helpless bachelor."
3. A certain amount of crust.
4. A calendar.

Apply items 2 and 3 to item 1, season liberally with hints. As invitations appear, record them on your calendar, and there you have it — an end to baked beans and peanut butter sandwiches. A further suggestion — for the successful application of the method, good timing is essential. Space your calls at each house well apart, and always give your hostess sufficient warning, or you may find either your welcome, or your soup, to be somewhat watery.

And how may this be relevant to a cookbook foreword? In the fact that, having dined well and often at the tables of a goodly number of the contributors to this book, though I may not use their recipes, I can most heartily vouch for the excellence of their product. Now, our energetic Actors' Committee having arranged this book, and the Morriss Printing Company Ltd. having most generously produced it, one can draw on the culinary resources of theatre people, not only in Victoria but across the country. So, with a very personal interest, and a sincere appreciation of the contribution of this cookbook project to Bastion's growth, I take great pleasure in wishing to the cookbook a smashing success, and to you who follow its suggestions for cooking or for non-cooking — *Bon Appétit!*

STEWART PAUL, *Manager*,
Bastion Theatre.

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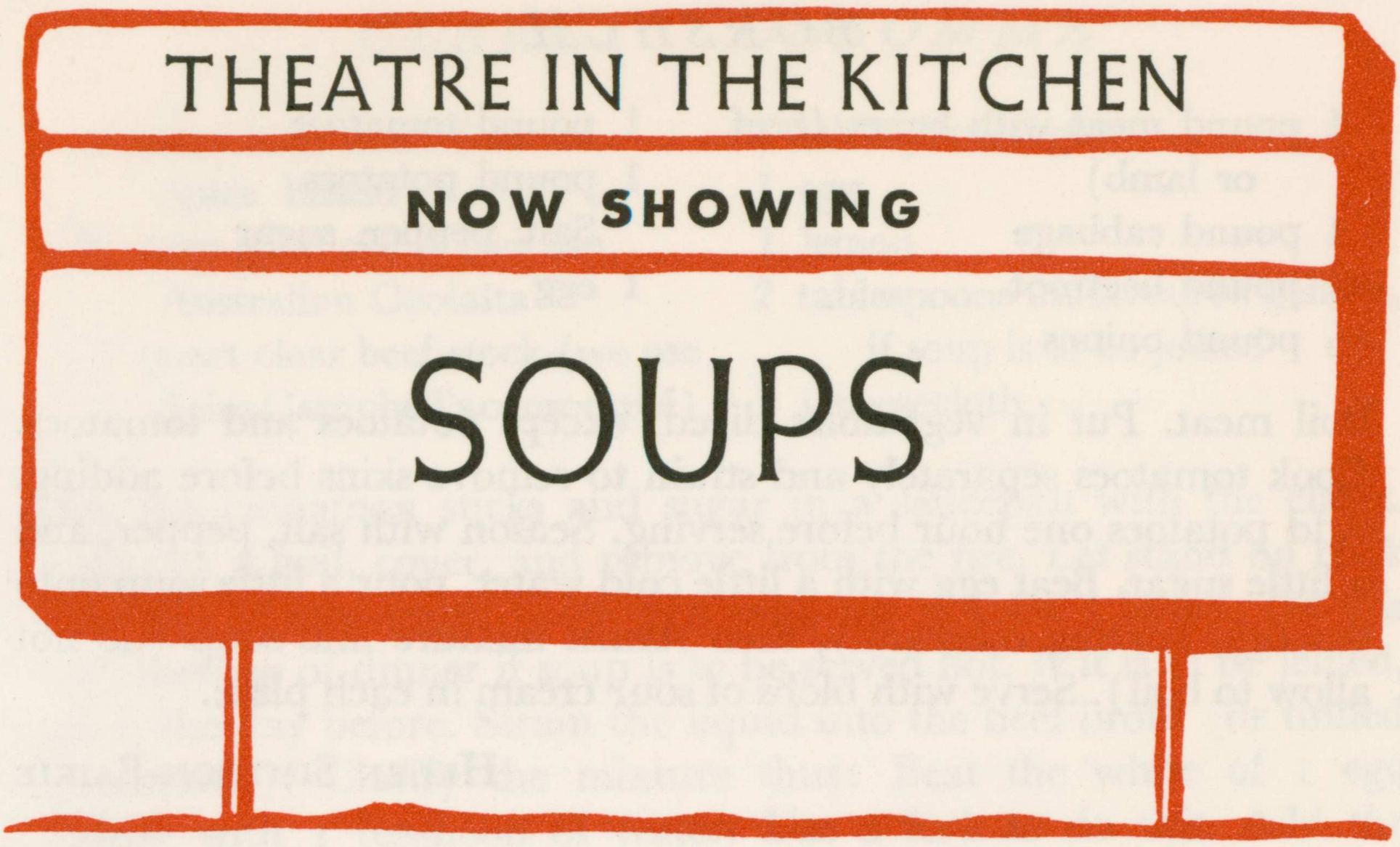


POTATO SOUP

4 medium potatoes, peeled and diced
2 slices bacon, diced
¼ cup minced onion
2 tablespoons butter
1 tablespoon minced parsley
2 teaspoons salt
½ teaspoon dry mustard
1 teaspoon Worcestershire sauce
3 cups milk
Dash of cayenne
2 ounces grated cheese

Cook potatoes until tender, drain. Sauté bacon and onion. Mix all ingredients except cheese and heat over low heat. Sprinkle each serving with grated cheese. Makes 4 servings.

When prepared ahead it may need thinning with extra milk and careful stirring. Or divide, and add clams, with nectar, to one half. For a hungry crowd who have been working hard, and may arrive several hours later than originally planned, especially if you arrive with them. This recipe can be expanded successfully to any size, based on these proportions. Served generously, with your favourite bread or rolls, it is, at a fraction of the cost, a delicious alternative to the old stand-by of sausage, cheese and crackers.

JOY CHAPPLE

Pray for peace and grace and spiritual food,
For wisdom and guidance, for all these are good,
But don't forget the potatoes.

JOHN TYLER PETTEE

BORSHCH

1 pound meat with bones (beef or lamb)
1 pound cabbage
1 pound beetroot
½ pound onions
1 pound tomatoes
1 pound potatoes
Salt, pepper, sugar
1 egg

Boil meat. Put in vegetables diced, except potatoes and tomatoes. Cook tomatoes separately and strain to remove skins before adding. Add potatoes one hour before serving. Season with salt, pepper, and a little sugar. Beat egg with a little cold water, pour a little soup onto the egg, beating constantly, then return mixture into soup (do not allow to boil). Serve with blobs of sour cream in each plate.

HELEN SIMPSON-BAIKIE

COLD CUCUMBER SOUP

2 cucumbers (coarsely grated)
2 potatoes (diced)
1 cup chicken bouillon
1 cup dry white wine
1 cup heavy cream
1 teaspoon grated onion
1 teaspoon salt
Freshly ground black pepper

Cook potatoes in combined bouillon and wine for 15 minutes, uncovered. Cover and continue cooking until tender. Remove from heat and let stand, covered, for 10 minutes. Put potatoes and liquid through coarse sieve. Stir in cucumber and remaining ingredients. Mix well, chill. Makes 6 servings.

NOEL CUSACK

COLD MELON SOUP

3 cups of melon, cantaloup, honey dew or Persian melon

Place in blender and mix until all is liquid. Put in large bowl and add:

1/3 cup fresh lime juice
2 tablespoons honey
1 cup grapefruit juice
½ cup white wine

Chill well. Serve garnished with sour cream and melon balls (if desired).

ARNOLD SPOHR

CLARET CONSOMME

4 cinnamon sticks (we use Spice Island)
1½ cups good claret (we use Australian Coolalta
1 quart clear beef stock (we use 3 tins Campbell's consommé)
1 tablespoon sugar
1 egg
1 lemon
2 tablespoons unflavoured gelatin, if soup is to be jellied
Cheesecloth

Put the cinnamon sticks and sugar in a saucepan with the claret. Bring to a boil, cover, and remove from the fire. Let stand on back of stove or any warm place and mull for at least 2 hours. Do this on morning of dinner if soup is to be served hot. If it is to be jellied, do it the day before. Strain the liquid into the beef broth (or tinned consommé). Clarify the mixture thus: Beat the white of 1 egg lightly with 1 teaspoon of water. Use a fork to do this. Add the egg white and the egg shell to the soup and heat to the boiling point, stirring constantly. Stop stirring and let soup simmer 3 minutes. Turn heat off and let it stand 20 minutes. Put through a strainer which has been lined with 2 thicknesses of moistened cheesecloth. Serve the soup in cups, very hot, and add a thin slice of lemon to each cup.

If soup is to be served jellied, bring it to a boil and stir in 2 tablespoons unflavoured gelatin softened in ¼ cup cold water. Chill and stir up slightly before serving in cups, garnished with slices of lemon peel. May be prepared in advance. Makes 6 servings.

This soup is excellent accompanied by SESAME SEED CRACKERS.

Brown about ¼ teaspoon of Spice Island sesame seeds per cracker, in butter, taking care not to let them burn. Spread Ritz crackers with softened butter and press buttered side into sesame seed mixture.

MRS. IAN ROSS

Claret is the liquor for boys, port for men; but he who aspires to be a hero must drink brandy.

BOSWELL, Life of Dr. Johnson

SCOTCH BROTH

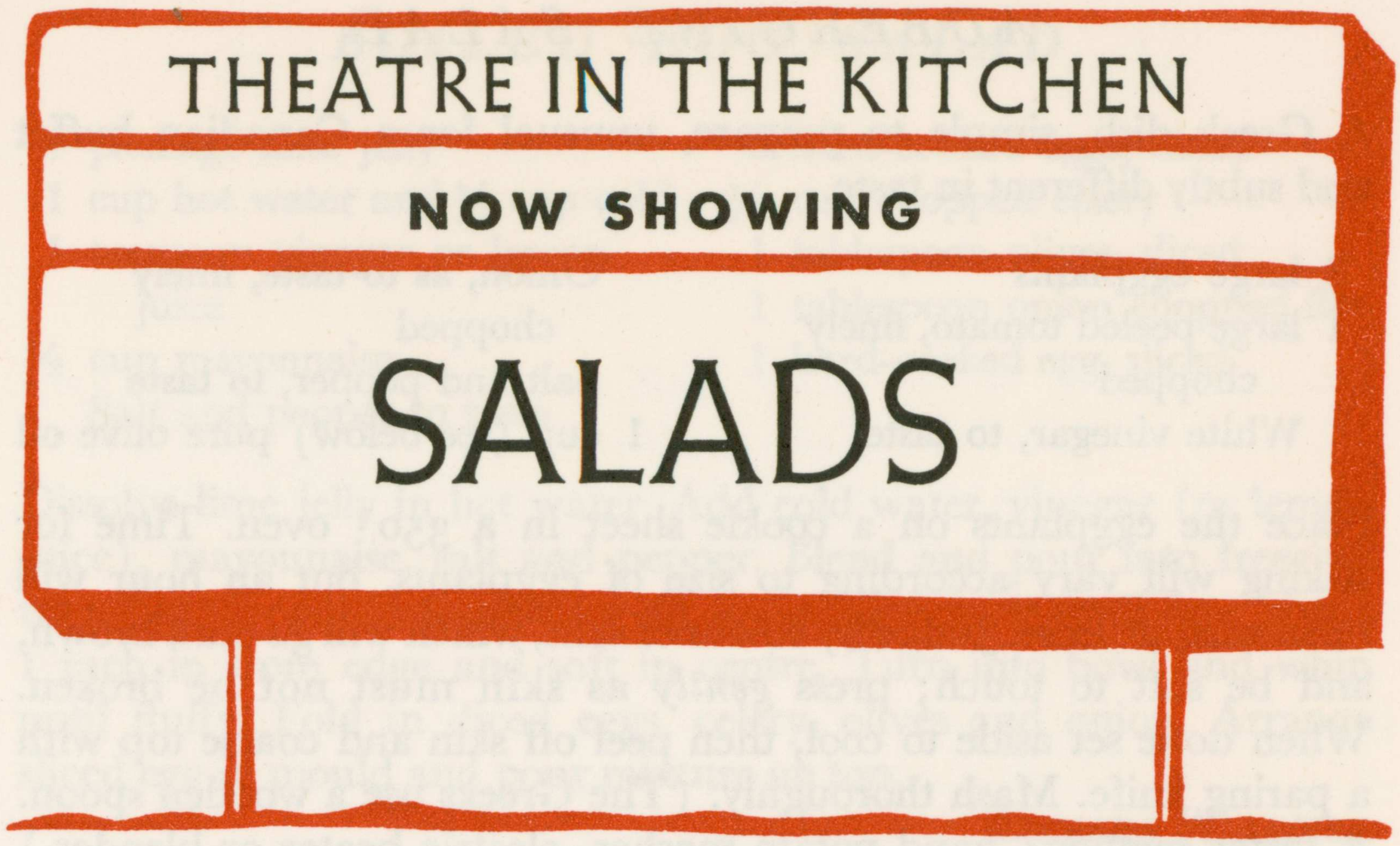
1 pound neck of mutton
3 pints water
1 teacup barley
2 teaspoons salt
¼ teaspoon pepper
Piece of cabbage
4 leeks (medium size)
1 parsnip
1 onion
1 carrot
1 small turnip
2 ounces beans
2 ounces peas
Parsley

Place meat and water in a large saucepan, bring to boil and add beans and peas previously soaked. Cook for 30 minutes. Add barley, salt and pepper, parsnip, onion and part of carrot and turnip cut into small pieces, and the remainder of the carrot and turnip cut into large pieces. Simmer for 3 hours. Half an hour before serving add the cabbage shredded, the leeks cut into halves and the parsley chopped. Serve the mutton with the larger pieces of vegetable and some of the liquid and serve the remainder separately as broth.

JOCK DUNBAR

He who has plenty of pepper will pepper his cabbage.

PUBLILIUS SYRUS



LIME AND PINEAPPLE SALAD

(My husband's favourite)

1 package cream cheese (plain)
4 ounces
1 cup strained crushed pineapple
1 package lime jelly
1½ cups boiling water
½ cup pineapple juice

Dissolve jelly with boiling water and add cheese. Heat until dissolved. (Putting cheese into jelly mixture through a strainer helps it dissolve more easily.) Add pineapple and juice. Mould and chill.

The Hames Sisters
Norma Hames

LEMON JELLY SALAD

1 cup cottage cheese
1 small can crushed pineapple
1 cup whipped cream
2 packages lemon Jello
1½ cups boiling water

Melt the Jello in the boiling water, let cool and beat until fluffy. Add the cottage cheese, pineapple and cream. Put in refrigerator until firm. This may be served on lettuce as a side salad, or with more whipped cream as a dessert.

Margaret Martin

AUBERGINE SALAD

A Greek dish, simple to prepare, unusual for a Canadian buffet and subtly different in taste.

3 large eggplants
1 large peeled tomato, finely chopped
White vinegar, to taste
Onion, as to taste, finely chopped
Salt and pepper, to taste
1 cup (see below) pure olive oil

Place the eggplants on a cookie sheet in a 350° oven. Time for baking will vary according to size of eggplants, but an hour will be needed at least. Judge by colour of skin, which will go dark brown, and be soft to touch; press *gently* as skin must not be broken. When done set aside to cool, then peel off skin and coarse top with a paring knife. Mash thoroughly. (The Greeks use a wooden spoon. A faster method: hand potato masher, electric beater or blender.) Add the olive oil *gradually*. (The exact amount of oil will also vary with the actual amount of eggplant.) Then the white vinegar, tomato, chopped onion, salt and pepper to taste. Serve chilled as a salad with garnish of your own choice. Or it can be used as an appetizer on Melba rounds if served immediately. For this the consistency should be a little firmer by using less oil.

Advantage: This dish can be made days ahead; it keeps beautifully in a covered dish under refrigeration.

Note: I have not given the number of servings the above quantity gives as that will depend on how large you want to make your servings. If there are several other dishes at your buffet, a couple of large spoonfuls of this per guest would be sufficient and consequently 3 large eggplants would serve 8 to 10 people. *Expect raves*: those who know this dish love it, those who are trying it for the first time, even the taste-timid-types, find it delightfully different.

LADDIE DENNIS

Our Garrick's a salad; for in him we see
Oil, vinegar, sugar, and saltness agree!

OLIVER GOLDSMITH, Retaliation

BOILED EGG SALAD

1 package lime jelly
1 cup hot water and ½ cup cold
1 teaspoon vinegar or lemon juice
½ cup mayonnaise
Salt and pepper to taste
3 hard-cooked eggs, diced
½ cup chopped celery
1 tablespoon olives, diced
1 tablespoon onion chopped fine
1 hard-cooked egg, sliced

Dissolve lime jelly in hot water. Add cold water, vinegar (or lemon juice), mayonnaise, salt and pepper. Blend and pour into freezing tray. Quick chill in freezer for 15 to 20 minutes or until firm about 1 inch in from edge and soft in centre. Turn into bowl and whip until fluffy. Fold in diced eggs, celery, olives and onion. Arrange sliced egg in mould and pour mixture on top.

BARBARA WALDNER

RUSSIAN SALAD

1 12-ounce package frozen mixed vegetables (thawed)
3 or 4 hard-boiled eggs
1 teaspoon hot prepared mustard
Salt and pepper to taste
3 boiled potatoes, average to large
3 to 4 tablespoons capers
Chopped dill pickles to taste
1 cup (approx.) mayonnaise

Several hours ahead: Slice or dice cooked potatoes and slice eggs.

Combine all ingredients. Refrigerate. These amounts will fill a 32-ounce bowl or 1½ pints.

Advantages: Make your own *individual* Russian Salad by using any combination of vegetables you wish, even onions. If you do use cold, cooked beets though the colour will "bleed" into the other ingredients.

LADDIE DENNIS

Ho! tis the time of salads.
LAURENCE STERNE, Tristram Shandy

CRANBERRY SALAD

1 package raspberry Jello
1 can jellied or whole cranberry sauce
1½ cups boiling water
1 orange
Mayonnaise
Whipping cream

Dissolve Jello in boiling water. Chill until partly thickened. Crush jellied or whole cranberry sauce. Quarter the orange, remove seeds and grind up pulp and rind. Fold cranberry sauce and orange into Jello. Spoon into individual moulds. Chill until firm. Serve on mayonnaise mixed with whipped cream.

JO PALFREY

CAESAR SALAD

Into a garlic-rubbed wooden bowl place large chunks of crisp Romaine lettuce and approximately ½ cup croûtons, salt and pepper to taste.

DRESSING

Juice of 1 lemon
2 eggs
¼ teaspoon dry mustard
3 teaspoons wine vinegar
5 teaspoons salad oil
Worcestershire sauce
Garlic juice
5 heaping teaspoons grated Parmesan cheese
2 teaspoons chopped anchovies

Beat together the raw eggs and lemon juice. Add the mustard, vinegar and oil, and beat again. Add a dash each of Worcestershire sauce and garlic juice, add the cheese and beat altogether. Stir in the anchovies. Pour dressing over salad and toss until there is no dressing in the bottom of the bowl. Heap onto a salad plate, sprinkle more Parmesan on top and 2 or 3 strips of anchovy.

IDA CLARKSON

Let first the onion flourish there,
Rose among roots, the maiden fair
Wine-scented and poetic soul
Of the capacious salad bowl.

ROBERT LOUIS STEVENSON

CREAMY MOULDED SALAD

1 cup liquid
1 3¼-ounce package lime jelly powder
1 7½-ounce can evaporated milk
½ teaspoon salt
1 cup cottage cheese
1¼ cups drained, crushed pineapple
½ cup mayonnaise
½ cup chopped celery
¼ cup chopped nuts
½ teaspoon grated lemon rind

Make up 1 cup liquid using 2 tablespoons lemon juice, syrup drained from pineapple and water, if necessary. Heat half the liquid to boiling; pour over jelly powder and stir until powder is dissolved. Stir in remaining liquid, salt and evaporated milk. Cool until gelatin is partially set; stir in remaining ingredients. Chill until firm.

Makes 6 servings.

VIVIAN BRIGGS

BEET SALAD

2 quarts cooked chopped beets
½ cup flour
2 tablespoons dry mustard
2 cups white sugar
2 cups white vinegar
½ cup water

Heat vinegar and water in pan. Mix together the flour, mustard and sugar. Add the liquid a little at a time, boil, stirring until thick. Add the chopped beets and heat carefully, stirring constantly. Put in sterilized pint jars and seal. 6 quarts of beets yield about 5 quarts of salad with recipe for sauce doubled.

The day of the preserving cupboard is past, but if you still like to have a few jars on the shelf for a mid-winter variation, this is something well worth the effort. Simply turn out on a bed of crisp green lettuce, it makes a colourful and quite special addition to an otherwise ordinary meal.

JOY CHAPPLE

Indigestion is that inward fate
Which makes all Styx through one small liver flow.

LORD BYRON, Don Juan

JELLIED COTTAGE CHEESE AND VEGETABLE SALAD

1 pound cottage cheese
3 medium carrots (grated)
3 sticks celery (chopped)
1 small onion (finely chopped)
1/2 cup mayonnaise
1/2 cup cream (or milk)
1 lime Jello package
1 cup boiling water

Dissolve Jello in cup of boiling water and leave to cool (at room temperature) while preparing vegetables. Combine vegetables, mayonnaise, and cottage cheese. Stir cooled Jello into mixture, then stir in cream or milk. Place in mould and chill.

DORIS EXTON

MOULDED POTATO SALAD

4 medium potatoes, cooked (about 2 cups mashed)
1/3 cup milk
1/2 teaspoon salt
Few grains white pepper
1/2 cup finely diced celery
1 tablespoon finely chopped onion
1 tablespoon finely chopped green pepper
1 tablespoon gelatin
1/4 cup cold water
1/2 cup salad dressing

Mash potatoes while still hot. Add milk, salt and pepper, whip until light and fluffy. Allow to cool. Add celery, onion and green pepper mixing well. Meanwhile, soak gelatin in cold water for 5 minutes, then melt over hot water. Blend salad dressing into gelatin and combine with potato mixture. Turn into a large mould or individual moulds and chill until set (about 1 hour).

BARBARA WALDNER

It is seasoned throughout with Attic salt.
MOLIERE, Les Femmes Savantes

THEATRE IN THE KITCHEN

NOW SHOWING

FISH

NANTUCKET

2 tins flaked tuna
1 small box flat noodles
2 tablespoons butter
½ cup sliced almonds
2 pimentos
½ cup cottage cheese
½ cup sour cream
1 teaspoon salt
1 teaspoon pepper
½ teaspoon curry powder
Potato chips

Boil noodles in 6 cups slightly salted water until soft *à la dente*. Drain noodles (do not rinse). Transfer to casserole. Add butter and blend. Then add rest of ingredients. Mix and cover with large potato chips. Cover casserole and bake in a 350° oven for 20 minutes. Remove cover and bake for 10 more minutes. Concoction remains moist and chips become crisp. Serve with fresh peas and a Spanish onion *vinaigrette* and any wine you happen to have around.

It's a very inexpensive dish, tasty and certainly filling if you're the kind of performer who prefers to eat after work.

DINAH CHRISTIE

Fish dinners will make a man spring like a flea.

THOMAS JORDAN

BARBECUED SHRIMP

Food is for people who have time to eat it. Good food is eaten by those who can pay those who don't have time to eat it, only cook it. I'm afraid I don't fall in either category. Oh well, I'll just set it to music.

1 cup soya sauce
½ teaspoon pepper
2 teaspoons salt
¼ cup sugar
½ teaspoon powdered ginger
1 sliver garlic, mashed
2 pounds fresh shrimp
10 strips lean bacon, cut in 4 pieces
1 pound beef liver, sliced thin, same size as bacon pieces
1 loaf fresh French bread, sliced thin, crusts cut off

Shell and clean shrimp. Mix soya sauce, pepper, salt, sugar, ginger and garlic. Cut a deep gash down the back of the shrimp and spread wide open. Lay a piece of bacon on each shrimp, liver on top. Arrange on a platter, pour the sauce over. Marinate 10 to 20 minutes. Drain off sauce. Use long thin skewers. On each place a shrimp, piece of liver, piece of bacon: repeat until skewers are full. Barbecue over low coals. Turn as often as necessary until cooked. Push cooked shrimp, liver and bacon onto plates. To eat, fold a slice of bread around a cooked shrimp, liver and bacon.

Makes 8 - 10 servings.

MARGE ADELBERG

MEXICAN SHRIMP

1 minced onion
¼ cup butter
1 teaspoon chili powder
¼ cup flour
1 cup milk
2 tablespoons minced parsley
¼ cup ketchup
2 cups shrimp (fresh cooked or canned)

Sauté onion in butter, add chili powder, add flour and milk alternately. Add parsley, ketchup and shrimp, cook for 15 minutes over medium heat. Serve hot in pattie shells or with toast points.

ROBERT PRICE

FISH BAKE

1 pound scallops
½ pound bacon
1 cup chopped celery
1 cup chopped parsley
1 cup chopped onion
2 pounds sole fillet
Milk
Fine dry breadcrumbs
2 tins sliced mushrooms
2 tablespoons butter
2 tablespoons oil
1½ teaspoons salt
¼ teaspoon pepper
1 cup chicken broth
2 tablespoons lemon juice
2 teaspoons Worcestershire sauce

Cut scallops in half, wrap each in half strip of bacon, fasten with a toothpick. Put under broiler until bacon is crisp. Remove toothpicks and set scallops aside. Heat oven to 375°. Grease shallow baking dish, 13″ x 9″ x 2″. Combine mushrooms, celery, parsley, onion in baking dish, spreading evenly. Wash fillets, dip in milk and crumbs. Heat butter and oil in skillet. Drop in fillets and cook quickly to light brown. Lay in single layer on top of vegetables and sprinkle with salt and pepper. Add chicken broth, lemon juice, Worcestershire sauce to drippings in skillet. Heat and pour over fish. Lay scallops and mushroom caps on top. Bake for 20 minutes.

This is a savory but delicately flavoured dish that is especially nice for after-theatre entertaining or any buffet party. Serve it with hot French bread and plenty of coffee and follow it with something exotic like banana flambe done in a chafing dish with brown sugar, cocoanut and rum.

Audrey St. Denys Johnson

SALMON LOAF WITH CHEESE

2 cups salmon, flaked
1½ cups grated cheese
1 tablespoon melted butter
1 egg, well beaten
½ teaspoon salt, sprinkle of pepper
3 tablespoons milk
Cracker and bread crumbs

Combine ingredients using crumbs enough to obtain stiff mixture. Shape in loaf pan. Spread buttered crumbs over top and bake in moderate oven until golden brown. Serve hot or cold.

Anne Adamson

HALIBUT LOAF WITH LOBSTER SAUCE

2 cups cream or top milk
2½ cups soft bread crumbs
1 teaspoon butter
1 pound chopped raw halibut
Salt and celery to taste
4 egg whites, beaten stiff

Scald cream, add bread crumbs, butter, salt and celery salt. Add chopped halibut and mix well. Cook gently until thoroughly heated. Fold in stiffly beaten egg white.Place in a greased casserole and set in pan of hot water. Bake in a 350° oven for 1 - 1½ hours. Serve in wedges with lobster sauce. Makes 8 servings.

LOBSTER SAUCE

(Makes a good Newburg)

3 tablespoons butter
3 tablespoons flour
1 teaspoon salt
⅛ teaspoon pepper
1 cup milk
½ cup cream
1½ cups freshly cooked lobster (may use canned)

Melt butter, add flour and seasonings and stir steadily until blended. Pour in gradually, milk and cream and boil for 2 minutes. Add chunks of lobster and heat. *Do not boil.* When ready to serve on the sliced halibut loaf, sprinkle each serving with cheese, cracker crumbs or chopped almonds.

NOTE: To reheat, warm in top of double boiler over hot water, *not* over direct heat. It may also be reheated by placing casserole again in a pan of hot water, in a moderate oven.

TOM BATEMAN

SEAFOOD CASSEROLE

2 tins crabmeat
2 tins shrimp
2 tins Chinese noodles
2 tins mushroom soup
1 tin cream of celery soup
1 soup tin of milk
¼ cup grated onion
2 cups finely chopped celery

Blend all ingredients well; sprinkle with ¼ cup slivered almonds, cook in a 350° oven until bubbly (about half an hour).

VANESSA LAX

CASSEROLE OF SHRIMP

2/3 cup uncooked thin noodles
1 cup whole kernel corn or cooked frozen peas
½ cup sliced cooked mushrooms
1 5¾-ounce can shrimp or ½ pound fresh shrimp
1½ cups cheese sauce
½ cup grated cheese

Cook noodles in boiling salted water until tender, drain and place in casserole, arrange corn or peas, shrimp and mushrooms over noodles, cover with sauce, mix gently, and sprinkle with cheese. Bake in a 350° oven for 30 minutes. Makes 6 servings.

CHEESE SAUCE

3 tablespoons butter
3 tablespoons flour
1½ cups milk
¾ teaspoon salt
Few grains pepper
¾ cup grated cheese

Melt butter, remove from heat, add flour and mix until smooth. Add milk and cook until thickened stirring constantly. Season, add grated cheese.

BERT WILLIAMS

FRIED COD OR SALMON

Whether you have the fish cut in steaks, or fillet it, make a batter by putting Heinz 57 sauce into a bowl and add milk, fresh or canned. Mix with a fork until a nice thick consistency (about a tablespoon of the 57 Sauce, and a cup or less of milk). Dip the fish in the batter, and then in breadcrumbs. Then fry very gently in margarine, with the lid on most of the time. Do not overcook. All seafood is very tender and delicate, and toughens and dries out if cooked too fast, or at too high heat. Most average fish steaks only take about 15 minutes on low heat.

MARGARET HALL

Of all the fish that swim or swish
In ocean's deep autocracy,
There's none possess such hautiness
As the codfish aristocracy.

WALLACE IRWIN

SHRIMP CREOLE

½ cup chopped onion
½ cup chopped celery
1 clove garlic, minced
3 tablespoons salad oil
1 1-pound can (2 cups) tomatoes
1 8-ounce can seasoned tomato sauce
1½ teaspoons salt
1 teaspoon sugar
½-1 teaspoon chili powder
1 tablespoon Worcestershire sauce
1 dash Tabasco sauce
1 teaspoon cornstarch
12 ounces raw cleaned shrimp
½ cup chopped green pepper

Cook onion, celery, and garlic in hot oil until tender but not brown. Add tomatoes, tomato sauce, seasonings. Simmer uncovered 45 minutes. Mix cornstarch with 2 teaspoons water; stir into sauce. Cook and stir until mixture thickens. Add shrimp and green pepper. Cover, simmer until done, about 5 minutes. Serve in rice ring.

Makes 6 servings.

The shrimp creole can be prepared early in the day and reheated. A great deal of preparation can be done ahead of the dinner hour which frees the hostess to enjoy the party too.

MAGGIE AND DENNIS SWEETING

KEDGEREE

Smoked haddock, or smoked Alaska cod, or smoked salmon
Rice, white, long grain
6 eggs, hard-cooked

Minute rice is O.K. for this, but I use ordinary rice, because then everything is ready at the same time. Put the eggs on in cold water, bring to a boil, and let them stand in the water. Put the fish into cold water at the same time and set on a low heat. Put your rice on according to the instructions on the package.

N.B. Don't *boil* the fish or the eggs.

It takes about 30 minutes for everything to be cooked. Put the eggs into cold water, it makes them easy to shell. Chop them, and add to the hot rice. Flake the fish and remove any skin, then add to the rice. Add lots of butter and pepper, and serve, well mixed together.

MARGARET HALL

NOVA SCOTIAN FISH RECIPE

1½ pounds fresh haddock fillets
1 egg, slightly beaten
¼ cup soft bread crumbs
10 mushrooms, sliced
¼ cup Cheddar cheese
3 tomatoes, cut in halves
Seasonings
¼ cup butter
¼ chopped onion

Wash and dry fillets. Place them in a greased flat fireproof dish. Spread with beaten egg. Sprinkle with crumbs, and garnish with tomatoes. Season all with salt and pepper. Fry chopped onion (or parsley) and mushrooms in the melted butter and spread evenly over the top of fish and tomatoes. Sprinkle with the grated cheese. Bake in a 350° oven for 20 - 25 minutes.

Do not overcook — fish is spoiled if overcooked.

TOM BATEMAN

MRS. TUCKER'S CRAB, SHRIMP OR LOBSTER COCKTAIL DRESSING

3 tablespoons tomato ketchup
2 teaspoons lemon juice
¼ teaspoon Colman's dry mustard
¼ teaspoon Worcestershire sauce
1 teaspoon hottest horseradish you can buy
1 tablespoon mayonnaise or Miracle Whip
2 drops Tabasco sauce

Blend well and chill before tossing with crab, shrimp, lobster (or mixture of all three) for cocktails. Garnish with lettuce and wedge of lemon.

MRS IAN ROSS

TUNA CASSEROLE

1 can mushroom soup
½ cup water
1 cup sliced celery
1 can tuna fish
1 4-ounce can chow mien noodles
½ cup chopped green onions
1 tablespoon soya sauce

Use half of the noodles for a topping. Lightly mix rest of the ingredients together and place in a casserole dish. Bake in a 350° oven for 30 minutes. Serve with garlic bread.

JANET SENIOR

SHRIMP VICTORIA

½ cup butter or margarine
1 pound shrimp
½ cup chopped onion
1 cup sliced fresh mushrooms
2 tablespoons lemon juice
2 tablespoons flour
1 tablespoon Worcestershire sauce
1½ teaspoons seasoned salt
Dash pepper
1½ cups dairy sour cream
1 tablespoon chopped parsley

In hot butter in large skillet, cook shrimp and onion until tender, stirring occasionally, about 5 minutes. Add mushrooms, lemon juice and Worcestershire sauce; cook, stirring occasionally, ten minutes longer. Remove from heat. Stir in flour, seasoned salt and pepper, then the sour cream. Cook over low heat, stirring occasionally, until hot but not boiling. Sprinkle with parsley and serve immediately over rice or buttered toast.

VERA TRUEMAN

BOILED SALMON

To every quart of water used to boil the fish, add 2 teaspoons salt, and 2 teaspoons lemon juice. When water is boiling, lower the fish into it wrapped in a cloth, so that you can take it out all in one piece. Bring water to simmering point, and *simmer*, allowing 10 - 12 minutes for every pound of fish. *Do not boil.* When the fish is cooked, serve hot with white sauce, adding hard-cooked chopped egg and 1 tablespoon mayonnaise. Or let the fish cool, and serve it cold with salad.

MARGARET HALL

Some circumstantial evidence is very strong,
as when you find a trout in the milk.

HENRY DAVID THOREAU

THEATRE IN THE KITCHEN

NOW SHOWING

MEAT DISHES

MEAT LOAF TWINS

1½ pounds ground beef
½ pound ground pork
¼ cup finely chopped onion
2 tablespoons finely chopped celery
2 teaspoons salt
½ teaspoon poultry dressing
¼ teaspoon pepper
¼ teaspoon dry mustard
1 tablespoon Worcestershire sauce
4 slices soft bread, cubed
½ cup milk
2 eggs
½ cup dry bread crumbs
Chili sauce
½ cup boiling water

Thoroughly mix meats. Stir in onion, celery, and seasonings. Soak cubed bread in milk, add eggs, beat with rotary beater. Combine meat and egg mixtures. Form in two loaves and roll in dry bread crumbs. Press each loaf lightly into loaf pans, then turn out in shallow pan and bake about one hour (or test). Before baking, score tops by pressing diagonal lines in with handle of wooden spoon or knife and fill with chili sauce. Pour boiling water around loaves. Bake uncovered in a 350° oven. Serve hot or chilled.

RAMONA MCBEAN

Home, and, being washing-day, dined upon cold meat.

SAMUEL PEPYS, Diary

PASTITSIO

(A Greek beef and pasta dish, served cold, cut in squares.)

1 pound ground beef
1 cup grated Parmesan or Romano cheese
2 tablespoons tomato paste
Salt and pepper to taste
Spices to taste: your choice or suggested oregano and parsley
White wine — if you please
1 pound egg noodles, wide width, or any kind of pasta
1 chopped onion
2 beaten eggs
2 tablespoons butter
4 cups Bechamel sauce (see below)

Drop noodles into boiling, salted water, stirring occasionally with a fork, until just tender (à la dente). Drain and add the 2 tablespoons butter. In a skillet cook altogether: the ground beef, chopped onion, tomato paste, salt, pepper and spices. When meat is done remove from heat and add the white wine with a "light" hand. This is added to the noodles along with the grated cheese and the beaten eggs. Cover the whole dish with Bechamel sauce and bake in a buttered 10″ x 10″ pan in a 450° oven for about half an hour.

Advantages of *Pastitsio* — Can be made early in day; can be served in the traditional way (cold and cut in squares) or as a hot dish.

BECHAMEL SAUCE

4 cups milk
4 eggs, beaten well and separately
¾ cup flour and somewhat less of butter
A little grated cheese (optional), or a good pinch nutmeg

Heat milk almost to scalding. Heat the butter in a saucepan and gradually work in the flour until smooth. Add the hot milk stirring it all the while. When smooth, add a little to the beaten eggs and then gradually add that back to the sauce, with the cheese or nutmeg and cook very slowly until it is thick.

Note: You will find other less expensive versions of Bechamel sauce in basic cook books, but this was given to me by a Greek woman, who even disagrees with the Bechamel sauce as given in a well known *Greek* cook book because it omits the eggs.

LADDIE DENNIS

OLD ENGLISH STEAK AND KIDNEY PIE

24 ounces stewing beef (red brand)
8 ounces beef kidney
½ cup tomato purée
1 cup chopped onion
½ cup diced carrots
½ cup celery
4 crushed bay leaves
1 teaspoon curry powder
1 teaspoon paprika
½ teaspoon garlic powder or ½ clove
Beef stock or water
Salt, pepper and Ac'cent to taste

Pan fry stewing beef to seal juices. Pan fry onions to brown. Boil kidneys approximately 20 to 30 minutes until firm. Combine meat, onions, carrots, kidney, bay leaves, seasoning, purée, curry, paprika, garlic and stock. Mix flour to a paste and add while stirring. Place in oven with lid on roasting pan. Cook at approximately 400°. Leave until beef is tender. As stock evaporates, add more water to cover ingredients. Serve in individual casseroles or pie dish. Cover with your favourite pastry and bake in oven for 5 to 10 minutes or until done. Makes 4 to 6 servings.

CLIFF CLARKE

SLIGHTLY DIFFERENT MEAT LOAF

(with Swiss Cheese)

2 pounds ground round (or hamburger)
1½ cups diced Swiss cheese
2 beaten eggs
½ cup chopped onion
½ cup chopped green pepper
1 teaspoon salt
½ teaspoon pepper
1 teaspoon celery salt
½ teaspoon paprika
2½ cups milk
1 cup dry bread crumbs

Mix together in order given, press into big greased loaf pan (or two smaller ones). Bake approximately 1 - 1½ hours.

EVANNE MURRAY

Unquiet meals make ill digestions.
SHAKESPEARE, Comedy of Errors

PORK CHOP POT POURRI

Pork chops (however many needed)
1 large carrot
2 celery sticks
1 onion
1 tablespoon flour (for gravy)
1 tomato
A few mushrooms
About 2 inches of orange peel
Salt, pepper, parsley or mint

Cut the meat off the bones, also the fat, rendering it down in which to cook the meat. Heat fat in skillet, sear meat both sides and drain off all fat. Turn off heat and cover meat until it steams (about 3 minutes), then add flour and water (already mixed) to pan, bring to boil for a minute. Turn heat to medium. Add chopped up vegetables and seasoning, herbs, etc., then keep covered for a few minutes. "Scrape" the bottom of the pan (inside part of course!) to colour the gravy. Re-cover and simmer for ½ hour or until vegetables are cooked.

The gag as far as I am concerned is to eliminate excess fat in the potage, also the vegetables thus cooked with the meat give good flavour. Can be whipped up in half an hour.

SAM PAYNE

CORNED BEEF

3-4 pounds corned beef
Bay leaf
Peppercorns
3 cloves
Slice of lemon
½ cup vinegar
1 cup crushed pineapple and juice
3 tablespoons chopped seeded raisins
½ cup brown sugar
1 teaspoon mustard

Cook beef in water with bay leaf, peppercorns, cloves and lemon slice. Cool slightly in the stock, then put about another 12 cloves into the corned beef and place in deep baking dish. Pour over this a sauce made from the remainder of ingredients. Bake in moderate 350° oven for 30 minutes. Baste and turn once. Serve hot or cold.

VERA GREENWAY

At noon he bounded out for food, and nothing less than roast lion would content him. But by suppertime milk toast would do.

HENRY DAVID THOREAU

STEAK DIANE

This is one of my favourite ways with beef. I've tried it in several San Francisco restaurants and have sampled versions in many New York spots. Nevertheless — this is my favourite of all versions.

Preparation of the meat itself is basic: one must purchase boneless sirloin steaks; trim every bit of fat from the sides; the trimmed steaks should weigh about 6 or 8 ounces. These are put between sheets of oiled paper and pounded thin (side of a cleaver works very well). After pounding they should be less than ½ inch thick, preferably just a shade thinner.

Using a blazer pan, melt creamery butter, and into it dump lots of fresh ground pepper and a goodly amount of finely chopped shallots. I prefer to turn this sauce into a warmer pan and then quickly sauté the steaks in more melted butter in the blazer. Three minutes on each side is sufficient. Then pour over the steaks the rest of the shallot-butter-pepper sauce.

I personally then flame the steaks for a half minute with a good hooker of brandy or cognac. Serve on a *hot* plate. Garnish only with watercress. As a side dish I prefer chopped spinach, with sour cream and a touch of tarragon.

For four steaks: I use about three tablespoons of butter and a half cup of shallots, pepper to taste, but lots of it. This makes the sauce. Then use another three or four tablespoons of butter for the steaks. It is possible to cook the steaks directly in the sauce in one simple operation. However, the shallots might get browned too much.

SEBASTIAN CABOT

CHUCK STEAK

1 large chuck steak, boned
1 large tin stewed tomatoes
1 large tin tomato sauce
Tabasco sauce
Salt and pepper
Oil

Put a little oil in shallow baking or roasting pan. Blend together tomatoes and sauce, salt and pepper, dash of tabasco sauce. Spread liberally over steak. Bake in moderate oven until cooked and tender.

PAMELA AND PATRICK O'NEILL

CORNED BEEF HASH

A plebeian dish, simple to prepare, yet a noble repast. A perfect breakfast dish, bringing your blood sugar to such a peak that you move through the day as if propelled by some mysterious and hidden energy. Equally good late at night when the television begins to pall. Its components are proletarian.

The lowly potato, the humble onion and that same bully beef which is said to have won the first Great War for our side. Why corned beef hash cannot be made of fresh corned beef, I cannot tell you, but it is a fact, that in this instance, the tinned stuff is far better. So open a tin of it and crumble the contents into a large bowl. Break it up well into small pieces. Chop up a large potato and a large onion dicing them into tiny, tiny pieces. These pieces must be small enough to hold together in a firm mass when they are fried. Not only that but there must be enough outer surface so that there will be plenty of crispness when they are cooked. Only careful and loving chopping will produce this effect.

Mix the onion and potato with the corned beef, break a raw egg over the result, and mix again. Then add about two tablespoons of red wine — a good dry Canadian claret or a Chianti. Season gently with freshly ground black pepper, celery salt, chopped parsley and Ac'cent. Now sift a small amount of pancake flour into the mixture; not too much, just enough to hold it together. Mix again. Get a good iron skillet really hot, with a small amount of bacon fat or vegetable oil covering the bottom of it.

Ladle out the hash into the pan, either in small patties, about the size of pancakes, which can be easily turned with a spatula, or fill the whole pan with the hash. It will cook swiftly, congealing together into a mass and turning crisp and brown on the bottom. Cover the uncooked top with a thin coating of dry English mustard, patted firmly into the meat. Turn the hash over, if it crumbles, don't worry, you can easily work it into shape again. Put a second coating of mustard on top, which should now be crisp and brown with the wonderful odor of the frying hash driving you mad with desire.

Turn the hash over once more so that the mustard is cooked into the corned beef, then break a raw egg over the whole steaming mass. If the pan is properly hot the egg should cook almost instantly on top of the hash. Stick a fork into the yolk and spread it about a bit so that the whole is congealed into one bubbling unit.

When the white of the egg has thickened and turned milky, take about a tablespoonful of the red wine and carefully pour it into the crevices. Leave the hash cooking only for an instant — long enough for the wine to penetrate and partially evaporate, but not long enough to lose the subtlety of its flavour.

Slide the hash at once on to a plate, using a pancake lifter. And there it is. The tendency is to wolf this hash as if you were a mad beast that had been starving for days. Hesitantly, however, I advise restraint. There are delicate flavours here that are meant to be savoured and not swept aside in the first blind moments of insensate passion. So sit for a moment contemplating the piping hot repast before you, and approach it with humility. There is no dish more truly royal than this peasant fare that is so simple and so quick to prepare.

PIERRE BERTON

BARBECUED PORK CHOPS

1 cup ketchup
2 tablespoons brown sugar
½ teaspoon mustard powder
1½ tablespoons flour
½ cup sweet-pickle juice
1 medium-sized onion, chopped fine
½ teaspoon salt
¼ teaspoon pepper, freshly ground
½ tablespoon Worcestershire sauce
8 pork chops
Bacon grease

(if sweet-pickle juice is not available, substitute white vinegar)

Mix ketchup, mustard and flour in 1-quart bowl until well blended. Stir in pickle juice. Add onion, salt, pepper and Worcestershire sauce, mix well. Melt bacon grease in electric frying pan at 360° until light goes out, add chops and brown both sides. Pour sauce over chops, cover and cook at 240° for about 45 minutes or until tender. Makes 4 servings (2 each).

JOHN HODDER

Chewing the food of sweet and bitter fancy.
SHAKESPEARE, As You Like It

CURRIED VEAL BOMBAY

1 pound lean veal cut into ¾" cubes
1½ teaspoons cooking oil
1 small onion, chopped
1 teaspoon curry powder
Dash ginger
¼ teaspoon cinnamon
⅛ teaspoon turmeric
⅛ teaspoon paprika
½ teaspoon salt
1 cup fat-free chicken broth
½ cup green pepper, slivered
½ cup red pepper, slivered

Brown meat in oil. Sauté onion with meat. Add all spices. Add broth. Simmer until meat nearly tender. Add green and red pepper. Simmer until peppers edible (just).

RAMONA MCBEAN

SEVEN LAYER CASSEROLE

This is a seven act production that I bake in the oven for an hour and a half at 350°, served at the table in its own blue earthenware casserole, but any colour will do. Short rehearsal period.

1 cup long grain uncooked rice
1 can tomatoes
1 can kernel corn
1 layer of sliced green pepper
1 layer of sliced onion
1 pound (more or less) ground beef
1 can tomato soup

Very simple, just layer on layer. Make sure the liquid seeps to the bottom among the rice. Season as you go along, salt, pepper, a little garlic salt maybe, dry mustard, a dash of Worcestershire sauce and nutmeg is always good in meat dishes. Keep the lid on while baking. Serve with French bread and tossed salad with success.

KEN BOSTOCK

They found that even the Belly, in its own quiet way, was doing necessary work for the Body, and that all must work together or the Body will go to pieces.

AESOP

VEAL SCALLOPINI MARSALA

(à la Tapp)

2 pounds veal
1 cup grated Parmesan cheese
4 tablespoons olive oil
1 cup Marsala wine
Salt, pepper
2 cloves garlic
1 cup consommé
4 tablespoons lemon juice
Marjoram, thyme

This recipe was originally one that is cooked and served immediately but I have taken it and made it into a casserole, so that it may be stored a day or two for marination, or frozen for a long period of time. It makes an excellent after-the-theatre supper dish when served with a green salad (and if you're not weight conscious — with hot garlic bread).

Get two veal cutlets weighing about one pound each, place on cutting board and sprinkle generously with grated Parmesan cheese, pound with wooden mallet. Repeat on other side. You should have now used your one cup of cheese. Salt and pepper both sides and cut the meat into 3 inch strips, each about 1 inch wide.

Brown the meat on both sides in 4 tablespoons of olive oil in an iron skillet — add one cup consommé — ½ cup Marsala (be sure to obtain the heavy sweet variety of Marsala for best flavour) and add 4 tablespoons of lemon juice. After the meat is browned, place in casserole, pour over it mixture that remains in the frying pan, and add marjoram and thyme to taste, plus the remaining ½ cup of Marsala.

To the above I usually add a full package of medium-sized noodles and mix well with meat (after they've been cooked according to instructions on package). In this way the noodles absorb the Marsala and Parmesan flavour. Store in refrigerator for one to two days then heat in a 300° oven for an hour or so and serve. If you wish to freeze this mixture it may then be heated in the oven when required and when ready to serve, add about another ½ cup of Marsala.

Makes 8 servings.

GORDIE TAPP

Meat eaten without either mirth or music is ill of digestion.

SIR WALTER SCOTT, The Monastery

MOUSSAKA

1 pound minced steak
2 to 4 ounces butter (or margarine)
8 ounces chopped onions
6 tablespoons wine
2 tablespoons flour
1 cup of milk
1 egg
4 tablespoons chopped parsley
8 ounces chopped tomatoes
1½ pounds potatoes (or eggplants)
½ cup plumped raisins
4 tablespoons grated cheese

Add some tomato paste and garlic if you like it.

Melt the butter, fry the meat, onions, parsley and tomatoes. Season *well*. Grease an 8″ baking tin. Peel and slice potatoes *very* thin. Put a layer of potatoes on the bottom of tin, then a layer of the meat mixture, repeat layers of meat and potatoes, ending with potatoes. Sprinkle wine on top. Melt in saucepan ½ ounce butter, add the flour, mix and cook for a minute. Add the milk and stir until it boils and thickens. Remove from heat, add slightly beaten egg and grated cheese. Pour over the top of the Moussaka. Bake in a 375° oven for an hour. Cut in wedges or squares.

Makes 4 servings.

This dish improves with age! Can be reheated many times. Perfect after theatre dish served with salad. Can also be baked slowly in a low oven, 2 - 3 hours (while you are at the theatre).

ANNA CAMERON

HAMBURGER STROGANOFF

1½ pounds lean ground beef
3 tablespoons salad oil
1 large onion, chopped
1½ teaspoons salt
¼ teaspoon pepper
1 cup evaporated milk
1 can consommé
3 tablespoons tomato paste
3 tablespoons flour
1 tablespoon Worcestershire sauce (may be omitted)

Fry together in oil, the beef, onion and seasoning. Add sauce made from remaining ingredients. Serve over noodles or mashed potatoes.

MARGARET MARTIN

BEEF STEW

(Don Jacob's Special)

2 pounds lean stewing beef cubed
1 cup beer
6 small cooking onions, whole
6 medium carrots, thick slices
2 tablespoons chopped parsley
1 cup diced celery
1 cup peas, fresh or frozen
2 bay leaves, crushed
½ to 1 teaspoon Madras curry powder (according to taste)

Shake cubed beef in bag with seasoned flour. Sear on all sides in frying pan. Place beef in pressure cooker, without rack. Sprinkle crushed bay leaves over meat followed by the beer. Place vegetables on top. Pressure for 15 minutes. Take off stove and allow pressure to reduce gradually. While stew is cooking make thick gravy in frying pan using the curry powder to flavour. When pressure is reduced remove lid and pour gravy over the stew stirring in carefully not to break up the onions and carrots. Place cooker on low heat until ready to serve. Potatoes baked in their jackets go well with this rib-sticking stew. The vegetable can be varied — such as green peppers or small ripe tomatoes when in season.

The cook is allowed to drink the remainder of the beer while making the gravy. Members of the Temperance League can make this stew with a clear conscience because the alcohol evaporates under heat. What they do with the remainder of the beer is up to them.

DON JACOBS

SWEET AND SOUR SPARE RIBS

½ pound pork spare ribs, cut in 2″ pieces
2 tablespoons vinegar
2 tablespoons sugar
3 ounces sweet pickle relish
2 eggs
Flour, enough to make smooth batter

Marinate ribs in vinegar, sugar and pickle at least six hours (better overnight). Beat eggs and add sifted flour gradually. Lift ribs out of marinade with slotted spoon. Dip each piece of rib in batter. Fry in deep oil until brown. Makes 2 servings. May be doubled or tripled.

GRETA SHERMAN-BRADLEY

PARTY CURRY

(A house specialty)

Butter (plenty)
1 large onion
The best curry powder available (I use Madras put up by M. M. Poonjiaji of Bombay)
Pre-cooked meat — chicken, lamb (without fat), pheasant, or turkey but *not* beef or pork
1 large apple cut up or half a cup of apple sauce
Raisins, any kind (stoneless), about half a cup
Preserved ginger, several chunks cut small
Slivered almonds
Any pre-cooked vegetables other than peas, carrots, spinach or tomatoes (I find sprouts or French cut beans good)
Plenty of good stock — if you haven't stock, use canned consommé

Take large, heavy skillet or frying pan. Sauté onion in butter until light brown. Add curry powder and fry. Be sure there is enough butter to do this thoroughly. Add a little flour to thicken, then stock. Add meat cut into convenient sizes. Add other ingredients in any order you please. Allow to simmer on very low heat all day.

The smell that fills your kitchen is enticing. If mixture shows signs of getting too thick add more stock. Serve on large platter surrounded by white rice (not the instant variety) decorated by thick slices of lemon and hard boiled eggs cut lengthways. Serve with two chutneys, one very hot, one sweet.

WARNING — Rice should be washed thoroughly — one cup of rice to one of water (cold) brought to a boil, then heat turned off. No salt. Every grain of rice should be soft and separate.

The beauty of this dish is that you can prepare it the day before your party and it's the better for standing over night. You have only to heat it up shortly before the arrival of your guests. I usually do it in the oven at low heat.

GWEN CASH

In all things, success depends upon previous preparation,
and without such preparation there is sure to be a failure.

CONFUCIUS

BEEF WELLINGTON

4 pounds filet of beef
½ cup butter or margarine
1 tablespoon salt
1 tablespoon fresh ground pepper
⅛ teaspoon ground rosemary
1 bay leaf crumbled
1 tablespoon water
½ cup diced celery
½ cup diced onion
1 pound mushrooms
1 cup pâté de fois gras with truffles
Puff paste
1 egg yolk

Trim fat from meat and rub meat with butter, which has been softened. Combine salt, pepper, rosemary and crumbled bay leaf and rub over meat. Place in a shallow pan and pile finely diced vegetables on top. Roast at 400° for 20 minutes. Discard vegetables and cool meat.

Slice mushrooms, sauté in a small amount of butter or margarine until lightly browned, chop very fine and mix with the pâté. Spread the mixture on the cold filet dipping the spatula in water to smooth the surface. Roll puff paste to a rectangle about ¼ inch thick on a floured surface. Trim edges straight with a sharp knife, saving trimmings for decoration. The pastry should be 4 inches longer than the filet and wide enough to overlap about 2 inches when wrapped around meat.

Blend egg yolk and water and brush on paste. Place meat in centre of pastry. Bring long sides of pastry up over meat, then bring ends up. Brush pastry with egg mixture where it joins and press to seal. Place wrapped meat seam-side down on shallow pan. Roll out paste trimmings and cut into strips, petal or stem shapes. Place shapes on pastry covering meat and brush with egg mixture. Bake at 450° until pastry begins to brown, then reduce heat to 350° and bake 30 minutes longer. This timing produces a golden brown crust and juicy medium rare meat. Makes 6 to 8 servings.

SEBASTIAN CABOT

Who rises from a feast
With that keen appetite that he sits down?
SHAKESPEARE, The Merchant of Venice

MEAT LOAF

(This has provided more pot-luck suppers for hungry actors than I can count)

1 thick slice bread (white or brown, or leftover hunk of French bread)
Milk
4 pounds hamburger
1 large onion
1 or 2 carrots
1 medium potato
Ac'cent, salt, pepper
1 egg
Breadcrumbs
3 hard-boiled eggs, shelled

Soak bread in milk. Add hamburger, onion chopped fine, carrot and potato grated, one raw egg, and seasoning. Mix all together. Put half of mixture into large baking tin or dish. Make 3 indentations, place hard-boiled eggs on the mixture, top with remaining half of meat, shape into loaf. Top with breadcrumbs. Bake in a 350° oven for 2 - 2½ hours, basting occasionally. This makes delicious sandwiches when cold. May also be served with a sweet-sour sauce.

SAUCE

1 can tomato soup
2 cups water
4 tablespoons vinegar
4 tablespoons prepared mustard (French's)
4 tablespoons brown sugar

Pour over meat loaf before baking. Baste occasionally.

HELEN SIMPSON-BAIKIE

LIVER FINES HERBES

(Calculated to convert the most ardent anti-liverites.)

Take slices of calves liver. The amount depends on the number of people and whether you are a 3 course or a 1 disher. Cut liver in thin slices. This is the boring part because it's better if you take the time to eliminate those nasty stringy bits. Put just enough flour, lots of paprika, some salt and ground black pepper in a paper bag. Throw the liver slices into the bag and bounce them happily and thoroughly. Melt a suitable amount of butter in a frying pan and soften some finely chopped shallots (if you can get them, green onions work splendidly if you can't). If you fancy garlic, as I do, add some to your taste. If not, forget it. Snip off finely a fair amount of fresh parsley, add tarragon, basil, chives, chervil, either all or in

part. Fresh would be marvellous, but I seem only to have them dried. Raise the heat under the frying pan and when the butter mixture is sputtering toss in the well floured liver slices. About 90 seconds later throw in the herbs and dance all the ingredients about well in the pan so they don't stick. Now pour on a couple of splashes of red wine (actually white won't injure it if you haven't any red), and keep it moving until the wine is absorbed but the liver not over-cooked.

I promise you it's delicious and I've had numerous converts, particularly among the males. If he doesn't say "it's the first time I've ever liked liver" I'd forget him — he's not worth the trouble.

BARBARA CHILCOTT

BOILED SALT PORK WITH PEASE PUDDING

1 shoulder or breast of salt pork
6 large carrots
6 small leeks
2 large onions, stuck with 2 cloves
6 parsnips

Place salt pork in water, bring to a boil, skim, add vegetables, bring to a boil and skim again. Then lower heat and simmer pork and vegetables gently until tender. Place the pork on a heated serving dish; surround with the accompanying vegetables and serve with the pease pudding.

PEASE PUDDING

2 cups split peas
1 large onion, thinly sliced
½ cup butter
3 eggs, beaten
Salt, freshly ground black pepper and grated nutmeg

Soak peas in cold water overnight. Place in a saucepan with sliced onion; cover with water and simmer gently for 2 to 4 hours, or until cooked. Combine purée of split peas, butter and beaten eggs, and season to taste with salt, freshly ground pepper and grated nutmeg. Mix well, put into a buttered pudding basin and cook in the oven, in water, until done; or place in a scalded, buttered and floured cloth, tie up and cook in the pot with the pork.

Makes 6 to 8 servings.

SEBASTIAN CABOT

HAROLD'S GOURMET STEW

1 pound ground beef, or hamburger
1 good-sized onion, chopped
1 20-ounce tin *whole* tomatoes
1 10-ounce tin tomato soup
1 10-ounce tin sliced mushrooms
¼ cup rice

Brown burger beef in bits in frying pan. Brown chopped onion in two tablespoons bacon fat. Get both nice and brown. Turn into large electric frying pan into which pour tin of tomatoes, tomato soup, mushrooms, rice. Stir well. Add one teaspoon each of salt and Ac'cent, and half a teaspoon chili powder. Cook for 45 minutes with lid on at 375°. Makes 4 servings.

HAROLD GELLING

BEEF STROGANOFF

In Marge Adelberg's musical adaptation of "Hansel and Gretel" (Bastion's touring production for April — 35 performances at Vancouver Island schools and at the McPherson Playhouse), the Witch has a deathless line. "Here we are," she says, thumbing through her recipe book. "Boy Stroganoff. Boy Stroganoff????" (Takes off her glasses, cleans them, puts them back on). "Oh . . . BEEF Stroganoff." Here is the recipe for Boy, I mean Beef Stroganoff.

3 pounds round steak
Flour, butter
Salt, pepper, mustard
1 can consommé
½ pound mushrooms, cut in pieces
8 ounces sour cream
1 onion, diced

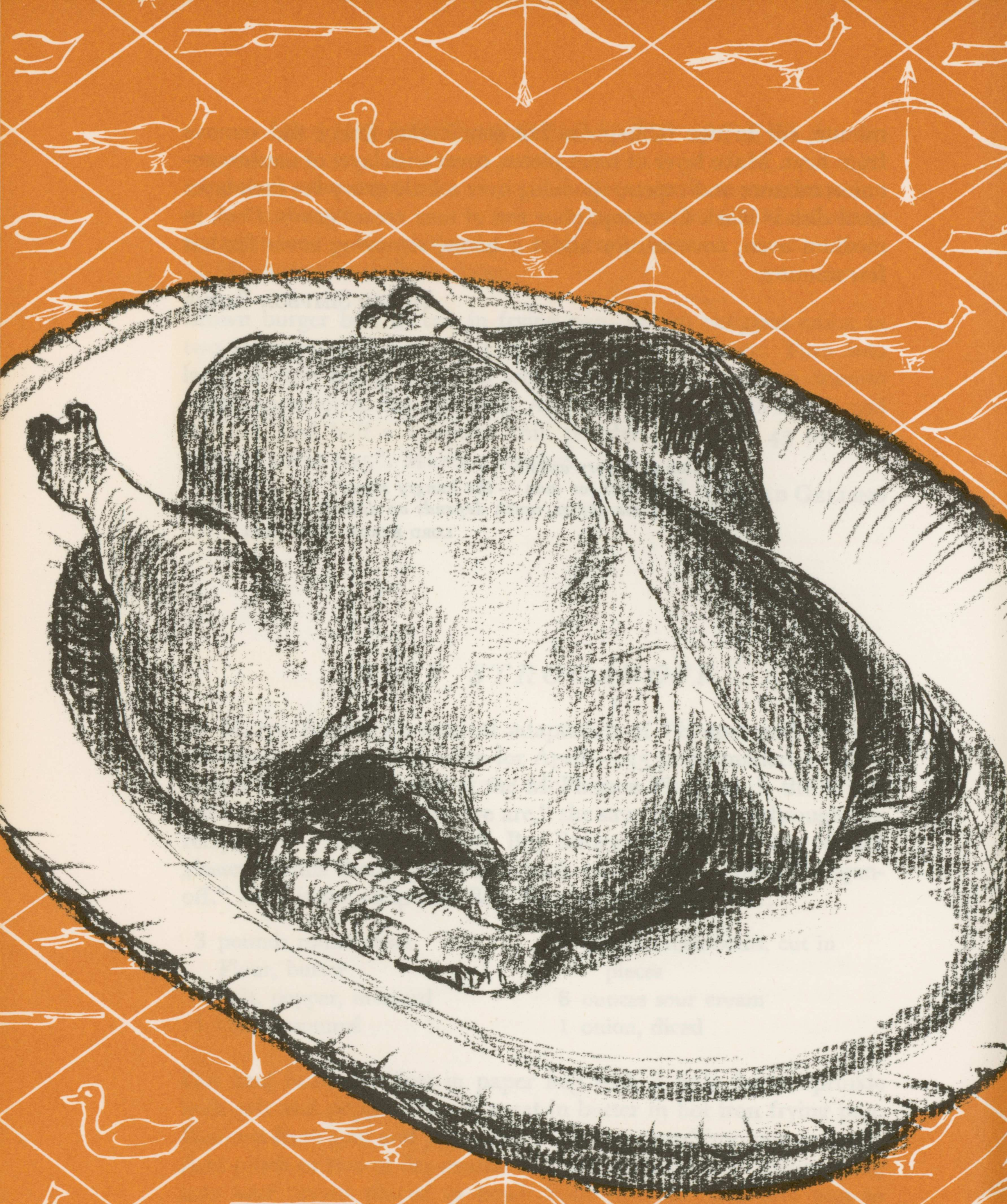
Cut beef in strips. Toss in paper bag with a little flour. Sprinkle with salt and pepper. Brown meat in butter in hot iron frying pan. Remove from pan and put aside. Pour consommé into pan and stir. Add pinch or two of dry mustard. When bubbling, stir, mixing well, into sour cream placed in bowl. Pour mixture back into pan to heat, but do not boil. Turn off heat. Brown onion in butter in another pan. Add mushrooms and cook. Add one teaspoon salt. In one

minute, stir in two tablespoons hot sour cream gravy and remove from heat. Make layer of meat pieces, cover with layer of mushroom-onion mixture and repeat, spooning over a little gravy for each layer until dish is filled. Over top, pour rest of sour cream gravy. Cook in medium oven, covered, for about 2 hours, removing cover for last few minutes.

HELEN SIMPSON-BAIKIE

All human history attests
That happiness for man — the hungry sinner!
Since Eve ate apples, much depends on dinner.

LORD BYRON, Don Juan



THEATRE IN THE KITCHEN

NOW SHOWING

POULTRY

CHICKEN IN MILK

Take any amount of chicken desired — a fryer cut into serving portions, or broilers cut into quarters. Wash and dry thoroughly, cutting off any excess skin. Place in roasting pan with lid. Dredge generously with flour, salt and Ac'cent. Place heaping tablespoon of butter on each piece. Pour milk over chicken until it is almost covered. Place lid on pan and put in preheated 375° oven and cook until chicken is tender when pierced with a fork. (This will depend on type of chicken used.) Watch that milk does not burn on sides of pan — lower oven temperature if this occurs. When chicken is tender, remove from pan and place on oven-proof platter. Return to oven and brown gently as desired. Place pan, with juices in which chicken was cooked, on low heat on top of stove. Thicken with mixture of flour and water (again depends on amount of chicken cooked) and stir *very* gently. The gravy will have curds if you are not too vigorous, but in any case, is delicious if served over rice.

This is an "old family recipe" and hence charmingly vague. Why do correct portions always seem to fade between great-great-granny and grandchildren?

MRS. IAN ROSS

COMPANY CHICKEN

1 4½ to 5 pound chicken (boiling fowl may be used).

Simmer in about 6 cups well seasoned water until fork tender. Use giblets. Cool in broth, then skim off excess fat. Save broth. Cut chicken from bones in large bite sized pieces. If necessary boil broth down to at least 3 cups. Add 1 teaspoon Ac'cent, ¼ teaspoon curry powder and 1 teaspoon dry onion flakes. Thicken broth with 2 tablespoons cornstarch dissolved in a little cold water. Blend in 1 tin cream chicken or cream of mushroom soup. Taste for seasoning. This should be a good rich broth. A tablespoon or two of the chicken fat may be added to enrich it.

Into a large casserole layer the chicken pieces and the broth with the following ingredients:

1 cup frozen peas
1 cup cooked carrots cut in circles
1 cup chopped fresh mushrooms or 1 tin mushroom pieces, drained
1 tin deep buttered corn niblets
1 tin whole or halved, pitted ripe olives
1/3 to 1/2 cup blanched and slivered almonds
4 cups cooked elbow macaroni

If you like a softer, moister casserole add another tin of cream soup.

Bake in a preheated 350° oven until bubbly, about half an hour. Top with 2 cups shredded cheese. Return to oven until cheese is melted. Serve with potato chips, a tossed green salad, pickles, cranberry sauce, chutney and celery curls.

Casseroles such as this are versatile. Exact quantities are not necessary. The basic chicken in this recipe may be stretched to serve a few more by adding more vegetables and macaroni and more broth.

This freezes well. Makes 12 to 14 generous servings.

MURIEL WILSON

MISSING — ONE COOKED GOOSE

I hate to be a gastronomic dropout, especially in a good cause, but I'm darned if I have a recipe I can send. I'm a plain fodder. All I've ever cooked is my own goose, and the recipe for that is not suitable for publication in a family-type book. Best of luck with your venture.

ERIC NICOL

PAPRIKASH A LA JAMF

¼ pound butter
3 onions, chopped
2 to 2½ chickens, cut up for frying
Salt
½ cup white wine or light dry sherry
Cayenne pepper
2 tablespoons flour
1 pint cream

Sauté onions in the butter. Transfer them into bottom of deep casserole that has a tightly-fitting lid. Strip the uncooked chicken of its skin and lightly sprinkle pieces with salt and lots of cayenne. Arrange the chicken on the bed of onions, smallest and lightest pieces on top. Cover tightly and let the chicken stew in its own juices for 15 minutes, then add the wine or sherry, recover and let cook for approximately 40 minutes more, basting occasionally, and being careful to replace the lid. Sprinkle the flour over the chicken and add the sour cream. Put in oven for 20 minutes more and serve.

Serves 4 for 2 days.

I like to serve wild rice, cucumber slices, Vienna bread and white wine. If prepared before the theatre and then left to cool, you can reheat later — delicious.

DINAH CHRISTIE

CHICKEN CHAMPAGNE

Brown floured chicken pieces in butter for approximately 10 minutes until golden brown. Then add 2 heaping tablespoons of fresh chopped frozen or fresh cut up chives and two heaping tablespoons of minced fresh parsley (these two must be fresh). Add three cups of chicken broth over the whole mess. Before you slap the lid on, add one small split of domestic champagne (about 1 cup) and bake covered in a 350° oven for 40 minutes. Gravy is *WILD!*

GISÈLE MACKENZIE

"And we meet, with champagne and a chicken, at last."
LADY MARY WORTLEY MONTAGU

CHICKEN AND RICE PILAF

1 package 5-ounce pre-cooked rice (1 and 1/3 cups)
½ envelope or ½ can *dry* onion soup mix (½ cup)
1 can condensed cream of mushroom soup
½ cup dry sherry
1 package (1 pound) frozen chicken breasts
1½ cups boiling water
2 tablespoons chopped canned pimento
Melted butter or margarine
Salt, pepper, paprika

In a 1½-quart casserole combine all the ingredients *except* chicken, butter and seasonings. Brush chicken breasts with butter. Season with salt, pepper and paprika. Place on top of rice. Bake covered in a 375° oven for 1 hour and 15 minutes or until chicken and rice are tender. Makes 4 servings.

DOREEN REES

CHICKEN MARENGO

Roasting chicken
2 medium onions
6 tablespoons butter
1 4-ounce can mushrooms, drained
4 tomatoes, peeled and quartered
½ teaspoon minced garlic (or garlic salt)
1 teaspoon seasoned salt
½ cup cooking wine
¼ cup flour
1 cup cottage cheese

Cut up chicken. Peel and chop onions and add to butter in large skillet. Brown lightly, remove and place in roasting pan. Brown chicken in same skillet and place over onions. Add mushrooms, tomatoes, seasoning and drippings from skillet. Bake in a 350° oven about one hour. Pour wine over chicken and bake another 30 minutes. Remove to platter and keep warm. Mix flour with small amount of cold water until smooth and stir into cottage cheese. Add to stock in roasting pan (first removing excess fat). Cook over medium heat, stirring constantly, until sauce is right consistency. Pour over chicken, and serve.

VERA GREENWAY

A morsel for a monarch.
SHAKESPEARE, Antony and Cleopatra

CHICKEN REGAL

4 chicken thighs
1 package onion salad dressing mix
1/3 cup mayonnaise
2-3 tablespoons condensed milk
Seasoning to taste
½ cup dried, chopped mushrooms
Breadcrumbs rubbed in garlic seasoning

Mix onion dressing into mayonnaise, add milk, seasoning, mushrooms, and mix together into a paste. Add water to make a smooth mixture. Spread over thighs with brush and sprinkle with breadcrumbs. Place on foil in shallow pan. Preheat oven to 375°, then turn on broiler to 350° and turn off oven. Put pan on rack in middle of oven. Let broil, slowly spooning over remaining mixture every fifteen minutes until brown. Turn thighs over and repeat.

Sprinkle on remaining crumbs and allow to brown. When chicken is brown on both sides, turn off broiler and leave chicken in oven from 10 to 15 minutes before serving. Serve with fluffed, lightly curried rice, fresh tomato slices, and garnish with pickled watermelon. Makes 4 servings.

ART PENSON

CHICKEN IN SHERRY

Section two roasting chickens or broilers, wash and dry on paper towel. Dredge in flour seasoned with salt, pepper, rosemary, and poultry dressing. Fry in butter till golden brown. Place in large pot or casserole and pour on following sauce:

1 can mushroom soup (I add a few more mushrooms to this)
1 cup of water
½ cup sherry (a bit more, hic, if you like)
Few drops of Tobasco sauce

Simmer in covered pan for thirty minutes, or bake in a 350° oven for one hour. (If I require more time to prepare other dishes, I bake it in a 325° oven for two hours.) Makes 6-8 servings.

MIMI and ALAN ROBERTSON

CHICKEN A LA KING

2 cups cooked chicken (diced)
2 tablespoons shortening
¼ cup chopped onions
½ cup chopped celery
1 tablespoon butter
1 tablespoon flour
2 cups milk
1 teaspoon salt
¼ teaspoon pepper
2 egg yolks (beaten)
2 tablespoons chopped parsley
¼ cup mushrooms

Set heat in skillet at 225°. Melt shortening and sauté onions and celery until tender. Remove from heat. Melt butter in skillet; blend in flour and add milk slowly, stirring constantly until thick. Add salt and pepper. Mix in small amount of hot liquid with egg yolks, then combine with sauce, stirring all the time. Add sautéed vegetables, mushrooms, chicken and parsley.

VERA FRIEDRICH

CHICKEN PIE

Cook a boiling fowl for 1½ hours with an onion and a few celery tops, salt and pepper. Allow to cool. Take meat off bones and cut into pieces. With some broth and a little more onion, 2 carrots and half package of frozen peas, cook and thicken. Pour into casserole and while hot spoon on the following topping:

1 rounded cup of flour
½ teaspoon salt
2 to 3 tablespoons butter
2 heaping teaspoons baking powder
1 teaspoon sugar

Cut in fat and add about ½ cup milk. Bake in a 400° oven for at least ½ hour.

PHYL GASKELL

Make me a saint by getting meals and washing up the plates!
CECILY R. HALLACK, The Divine Office of the Kitchen

CURRIED CHICKEN AND RICE

(Authentic Indian version)

2 ounces butter or margarine
2 large onions
2 large tomatoes
1 teaspoon curry powder
1 teaspoon allspice
1 teaspoon salt
½ teaspoon ground red pepper
½ package frozen peas
3 pounds cut up frying chicken
2 cups long grain rice

Simmer butter, chopped onions and tomatoes in heavy pot on medium heat for 15 minutes. Stir occasionally. Add curry, allspice, salt and pepper. Stir well and cook for 10 minutes. Make sure ingredients do not stick to bottom of pot. Add chicken and bring to a boil over medium high heat. Then cover pot and cook on medium heat for 30 minutes. Add 2 cups of water and boil for 5 minutes. Add peas and turn off heat. Serve after 10 minutes.

RICE: Boil 4 cups cold water in a pot. Add 2 cups rice, stir well. Cover pot with tight lid and cook on *low* heat for 20 minutes.

Makes 6 servings.

HUGH CURTIS

BAKED CHICKEN

1 disjointed fryer (or any good-sized pieces of chicken),
1 can condensed cream of mushroom soup
1 cup cream
Salt and garlic salt or onion salt
Paprika
Chopped parsley

Salt and garlic (or onion) salt the chicken, then paprika it thoroughly. Spread it out in a layer in a shallow baking pan. Dilute the soup with the cream, pour it over the chicken and sprinkle with chopped parsley. Bake uncovered in a 350° oven for about 1½ hours.

EVANNE MURRAY

One must eat to live, and not live to eat.
MOLIERE, Amphitryon

BLUE GROUSE FRICASSEE

1 husband or lover (or friendly neighbourhood hunter) who likes hunting birds

3 Springer spaniels (or more, or less) who also like hunting birds

2 Blue grouse, dead (ditto, ditto)

1st step: Nag husband well, so that he can go hunting with a clear conscience.

2nd step: Enjoy husband-less, dog-less day.

3rd step: Pretend to be glad about return of the hunter and his wet, dirty dogs, and admire the dead birds.

4th step: Be sure to be allergic to feathers, unless you want the job of plucking the birds.

After the birds are skinned, cut off the legs, wings, and both breasts. (Always assuming there *are* that many parts left unshattered, and not full of No. 7 shot.) Flour them and brown in hot bacon dripping. Then add seasoning to taste. All I use is salt, pepper, and a little thyme. Then thicken with a little more flour and make a gravy to simmer the birds in, by adding hot tea. O.K., so you don't *have* to, but if you haven't tried it, don't knock it. Then add some chopped onion, and simmer until done. The length of time depends on the age of the birds, but about 30 minutes or more. This dish is good served with rice. Try sometime a dash of curry as part of the seasoning, when the birds are simmering.

MARGARET HALL

The ruddy ripe tomata
In china bowl of ice,
And grouse worth a sonata
Undoubtedly are nice.

JOSEPH ASHBY-STERRY,
The Riparian Philosopher

COQ AU VIN

1 3-pound chicken, cut in sections
2 tablespoons olive oil
3 tablespoons butter
4 ounces lean raw ham or bacon
12 button mushrooms
12 button onions
1 clove of garlic
½ pint red wine
2 bay leaves
2 sprigs parsley
Pinch of thyme
Pinch of curry powder
Pinch of rosemary
Lump of sugar, to be added before thickening gravy

Fry chicken in butter and oil after rubbing well with flour seasoned with pepper, and brown on both sides. Simmer giblets and parts of chicken not used, to make the stock. After frying chicken, take pieces out, being careful not to break skin, and put into a casserole. Fry onions, mushrooms and ham together and add to the chicken with all the herbs. Add stock from giblets, sufficient to half cover the chicken, and cook very slowly in a 250° oven for 1 hour or more. Remove from oven, thicken gravy with flour, and add ½ pint of good red wine. Cook for a further 15 minutes. Just before serving pour on to the chicken 4 tablespoonfuls brandy and fire. Sprinkle with freshly chopped parsley.

I enjoy playing around with a cookery book and here is one of my favourite recipes discovered during my explorations. It's delicious — especially if you're not too stingy with the wine!

JERRY GOSLEY

Let schoolmasters puzzle their brain
With grammar, and nonsense and learning,
Good liquor I stoutly maintain
Gives genius a better discerning.

OLIVER GOLDSMITH, She Stoops to Conquer

THEATRE IN THE KITCHEN

NOW SHOWING

DESSERTS

COTTAGE CHEESE DESSERT

(Hindu Style)

½ pound cottage cheese
¼ cup sugar
¼ teaspoon almond extract
¼ teaspoon lemon extract
½ cup almonds (blanched and chopped)
¼ teaspoon ground cardamon

Beat cottage cheese until smooth. Add sugar, almond and lemon extract, chopped almonds and cardamon. Mix thoroughly and refrigerate for several hours. Makes 4 servings.

PLEASE garnish with shaved ginger, fresh or candied, and fresh mint leaves. Serve on those unusual dishes you would like to use more often. If they were pottery or wooden plates, I would add a quite large side garnish of something green (inedible) from the garden.

This can be prepared well ahead of time, and is especially recommended as a dessert to serve after curried foods, not being a repeat of the same flavours.

JOY CHAPPLE

Tell me what you eat, and I will tell you what you are.
ANTHELME BRILLAT-SAVARIN

LEMON MERINGUE PIE

(English and sharp!)

PASTRY

(This is a non-fail recipe. In 7 years I have not achieved a bad batch).

¼ pound butter or margarine
½ pound shortening
3 cups all-purpose flour
½ teaspoon salt
½ cup water (cold)

Cream butter and shortening until light and fluffy, add alternately the flour (sifted with the salt) and cold water. The resulting dough is very sticky, and should be rolled out with plenty of flour.

This makes far more pastry than will be required for one pie. It will keep for up to 10 days in the refrigerator but allow to come to room temperature before using.

LEMON FILLING

1/3 cup sugar
Grated rind of 1 lemon
Strained juice of 2 lemons
5 teaspoons cornstarch
3 egg yolks
Pinch of salt

Make strained lemon juice up to 1 cup with cold water, add rind and put liquid, sugar and pinch of salt to boil. Mix cornstarch to a smooth paste with a tablespoon of cold water, and when liquid in pan is boiling, pour over paste. Return to pan and stir until boiling. Simmer, stirring all the time, for 3 minutes. Allow to cool, meanwhile beating egg yolks until light and fluffy. When lemon mixture is cool, add beaten egg yolks. Reheat to near boiling, but don't let it reach boiling point or the yolks will curdle. Set aside to cool.

MERINGUE

3 whites of eggs
1/3 cup sugar
Pinch of salt
Few drops vanilla essence

Beat egg whites until stiff. Continue beating, gradually adding half the sugar and salt. Lightly fold in the balance of sugar and few drops of vanilla essence.

Grease a 9″ pie plate. Cut a strip of pastry ½″ wide and press firmly on edge of pie plate. Moisten with cold water. Cut a 9″

circle to fit pie plate and press well to rim. Prick bottom of pastry and bake blind (i.e. cover with circle of wax paper weighted with bread crusts or rice) in a 375° oven for 20 minutes, or until biscuit coloured. Allow to cool, first removing wax paper and weights.

When lemon filling is cool but still not set, spread into pastry shell. Allow to set then add meringue, filling the outside edges first to make sure no lemon shows. Sprinkle lightly with sugar. Bake in a 375° oven for 10 minutes or until golden.

It is as well to make double quantities and two pies if there are more than four people, because it disappears very quickly! I add the meringue and cook it just before serving to prevent it going dewy.

ANN PURDON

COCOANUT CHIFFON PIE

Have ready one baked and cooled pie shell.

Soak 2½ teaspoons plain gelatin in 3 tablespoons cold milk. Scald ¾ cup milk in double boiler. Separate 3 eggs, and stir into yolks 1/3 cup granulated sugar and ¼ teaspoon salt. Stir into this the scalded milk, return to double boiler and cook, stirring constantly until mixture will coat a spoon. Remove from heat at once; add softened gelatin and stir until it is dissolved. Then stir in 1/3 cup cereal cream or rich top milk and ½ teaspoon vanilla. Cool, stirring occasionally, until mixture begins to set.

Beat the egg whites until stiff, not dry. Gradually beat in 3 tablespoons granulated sugar, beating after each addition until the mixture stands in peaks. Beat gelatin mixture until foamy; fold in meringue and ½ cup shredded cocoanut. Pour into prepared pie shell, chill until firm. An exquisitely delicate filling. Sufficient for 8½" pie.

VERA TRUEMAN

Things sweet to taste prove in digestion sour.
SHAKESPEARE, King Richard II

FIVE MINUTE DESSERT

3 tablespoons sugar (4 if you want it sweeter)
2 eggs, beaten
2 tablespoons flour
1 teaspoon baking powder
Dash of salt

Beat sugar into eggs. Mix and sift flour, baking powder and salt and add to eggs. Pour into buttered muffin tins and bake for five (or maybe seven or eight) minutes in hot oven — but watch! Good with jam, honey, whipped cream, or a sauce. Melted unsweetened chocolate may be added after dry ingredients — in this case you'll need the 4 tablespoons sugar. Beat very hard (electric if possible).

RAMONA MCBEAN

BLACKCURRANT DESSERT

I invented this recipe, and I don't serve it to other people because I doubt if others are as mad for black currants as I am. Anyway black currants are hard to come by these days.

I take a quart box of the currants, wash them, and put them into a pan and put in cold water until it almost covers the currants. I then heat them until the water just starts to boil and bubble. This means the currants are just beginning to burst. I take the pan off the stove and add, for my own taste which isn't for too much sweetness, two tablespoons of honey. I add also two packages of gelatin which have been dissolving in half a cup of cold water. When cool enough I pour the fruit into a bowl.

I take a large tablespoonful or maybe two of this jelly either before breakfast or as dessert after dinner, when I may add sour cream. It is much to my taste. If you leave out the gelatin you have a sauce delicious when poured on ice cream — for those that like rich desserts.

AMELIA HALL

To loathe the taste of sweetness, where of a little
More than a little is by much too much.

SHAKESPEARE, King Henry IV

ACTRESSES' BENEFIT

(Or — How to prepare a simple yet tasty dessert between the matinée and evening show.)

½ cup butter or margarine
2 tablespoons cocoa
½ cup brown sugar
1 egg slightly beaten
1 teaspoon vanilla
¾ cup walnuts
16 double Graham wafers roughly broken

Melt butter, mix sugar, cocoa and egg together and add to butter. Stir and bring to boil on low flame. Remove from heat; add vanilla, nuts and Graham wafers. Place in square cake pan, greased, pressing down and molding into pan with fingers. Place in fridge until set, then before serving, garnish with a thin icing (optional) and cut into squares. Setting time: 30 minutes.

DAPHNE GOLDRICK

MERINGUE SUPREME

4 egg whites
1-1/3 cups berry sugar
¼ teaspoon cream of tartar
½ pint whipping cream
1 teaspoon vanilla
½ square unsweetened chocolate (or unsweetened chocolate flakes)

Beat egg whites until frothy and add cream of tartar. Beat at high speed until stiff but not dry. Continue beating and add sugar a tablespoon at a time until all is used. Spread in slightly greased pan, approximately 7″ x 11″. Bake in a slow 300° oven for 1 hour, or until well done. Let cool thoroughly. Beat cream until stiff, add vanilla and spread on baked shell. Press cream into all cracks. Sprinkle heavily with the grated chocolate square or flakes. Keep in refrigerator overnight. Makes 8 - 10 servings.

ELIZABETH MAYNE

As a surfeit of the sweetest things
The deepest loathing to the stomach brings.

SHAKESPEARE, A Midsummer Night's Dream

CARAMEL RAISIN PUDDING

1 cup flour
¾ cup sugar
2 teaspoons baking powder
⅛ teaspoon salt
1 cup raisins
½ cup milk

Sift together flour, sugar, baking powder and salt. Stir in raisins and milk. Place in *deep* greased baking dish.

TOPPING (SAUCE)

¾ cup brown sugar
1 tablespoon butter
2 cups boiling water

Mix sugar, butter and boiling water and pour over pudding batter. Bake in a moderate 375° oven. Serve hot or cold.

GRETA SHERMAN-BRADLEY

STEAMED TREACLE PUDDING

3 cups flour
6 teaspoons baking powder
1/3 cup shortening
3/4 cup milk
1/2 cup sugar
2 eggs
1 teaspoon salt
Golden syrup as required

Rub the dry ingredients together; beat the eggs and milk together, and pour over the mixed dry ingredients. Then mix thoroughly in a bowl, and, over the top of the resulting gooey lump, pour golden syrup to a depth of about ¼ inch. Cover the bowl with heavy foil wrap, and place it in a covered pan in which there is an inch depth of boiling water. Cook for about 1½ to 2 hours, and serve with more golden syrup, preferably warmed. Makes 6 servings.

JOHN MARTIN

QUICK PARTY DESSERT

Make an instant or cooked chocolate pudding, pour into sherbert glasses to half depth. Then add an equal amount of lemon instant or cooked pie filling. Top with whipped cream or meringue, and a bright cherry. Pretty and delicious!

AVIS WALTON

MOCK CHERRY PIE

(A man's favourite)

1½ cups cranberries
¾ cup sticky raisins
1¼ cups sugar
2 tablespoons flour
1 cup water

Put cranberries and raisins through food chopper. Add the remaining ingredients. Bake with a top and bottom crust.

TOM BATEMAN

RAISIN DUMPLINGS

1½ cups biscuit mix
1 egg
2 tablespoons sugar
½ cup raisins
Milk — enough to mix into a drop batter

Beat egg until fluffy. Add sugar, biscuit mix, raisins and just enough milk to moisten nicely. In a deep pot with lid, make a sauce as follows:

2 cups boiling water
1 cup brown sugar
1 tablespoon butter
½ teaspoon vanilla

Bring all to boil, then DROP the dumpling mixture by tablespoons into this sauce. Cover and steam over medium heat 12 - 15 minutes. *Don't peek!* Makes 5 servings.

GEORGE FAIRFIELD

DELICIOUS COFFEE DESSERT

Into one package of miniature marshmallows pour one cup of very hot strong coffee. Stir until marshmallows are dissolved. Cool.

Beat one carton of whipping cream (½ pint). Fold into cool marshmallow mixture. Pour into freezing trays overnight or for one hour if desired. Spoon into sherbert or parfait glasses. Top with whipping cream or cocoanut, chopped nuts, shaved chocolate, cherry, etc., as preferred. Makes approximately 10 servings.

ANNE ADAMSON

DREAM BARS

1 cup flour
½ cup butter
1 tablespoon brown sugar

Mix this as a pie crust and pat into a 9″ x 9″ pan. Then mix the following:

½ cup cocoanut
1½ cups brown sugar
1 cup walnuts
½ teaspoon salt
½ teaspoon baking powder
2 tablespoons flour
½ teaspoon vanilla
2 beaten eggs

Pour this over pastry mixture and bake in a 350° oven for 30 minutes.

The Hames Sisters
Norma Hames

A LIGHT DESSERT

Take a packet of jelly powder. Dissolve in one cup of hot water. Add one pint of ice cream and beat until combined. Place in refrigerator. Et voila!

Joy Coghill

LEMON REFRIGERATOR DESSERT

3 eggs
½ cup granulated sugar
Rind and juice of 1 lemon
1 cup heavy cream
½ cup Graham cracker crumbs

Separate eggs and mix yolks with sugar, lemon juice and rind. Cook over hot (not boiling) water until thick as cream. Stir constantly. Remove from heat and cool. Beat egg whites stiff. In separate bowl beat cream. Gently stir cooled lemon mix into egg whites and add cream. Sprinkle half the cracker crumbs over bottom of approximately 9″ x 5″ pan. Pour in the mixture and sprinkle remaining crumbs on top. Put in freezer and leave overnight. Always better made a day ahead. Makes 6 servings.

Peggy Walton Packard

PINEAPPLE TART CAKE

¼ cup butter
¼ cup sugar
1 cup flour

Blend well and pack firmly into a 9″ x 12″ pan. Bake in a 325° oven for 10 minutes. Meanwhile combine and cook until thickened:

1 20-ounce can crushed pineapple
½ cup white sugar
3 tablespoons cornstarch

When thickened add 1 tablespoon butter. Spread this mixture over the biscuit base, then cover with the following meringue topping:

2 egg whites beaten stiff
½ cup white sugar
1 cup fine cocoanut
½ teaspoon vanilla
½ teaspoon baking powder
Pinch of salt

Return to oven and bake in a 300° oven for 20 minutes longer.

GEORGE FAIRFIELD

A great step towards independence is a good-humored stomach.

SENECA

THEATRE IN THE KITCHEN

NOW SHOWING

CHEESE DISHES

LASAGNE

1 pound hamburger
Pepperoni sausage slices
1 pound Lasagne noodles
Mozzarella cheese
Ricotta cheese (difficult to obtain, so cottage cheese may be substituted)
Parmesan or Romano cheese

Make favourite spaghetti sauce recipe using the hamburger and try adding thin slices of pepperoni sausage. Cook Lasagne noodles according to directions on box. In a greased casserole begin with a little meat sauce (to prevent the noodles from sticking) and continue the layers in the following order: Lasagne noodles, meat sauce, Mozzarella slices, Ricotta (or cottage cheese), Parmesan (or Romano). Repeat, topping with a generous amount of the grated cheese. Store in refrigerator. (Lasagne may be made a day ahead).

When needed, heat in a 350° oven for 30 to 60 minutes (depending upon the size of casserole).

As you continue to use this recipe, you'll soon develop a preference for the amount of the different cheese used in each layer. Excellent for pre-theatre buffets.

CLARA AND CARL HARE

PIZZA

(Much heartier than the usual — can be a meal, with salad)

1 package yeast
1 cup lukewarm water
3¼ cups sifted flour
¼ teaspoon salt
2 tablespoons shortening
Olive oil
1 pound hamburger
1 pound sausage meat
2 small tins tomato paste
1 package Mozzarella cheese
1 package Provolone cheese
Oregano
Mushrooms, olives (optional)

Soak yeast in water 5 minutes. Sift flour and salt into bowl. Make a well, pour in yeast mixture, add shortening. Knead until smooth and elastic. Place in greased bowl, grease top and cover. Leave 2 hours or longer in warm place. Divide into two or three equal portions. Pat and stretch to fit large pans. Brush with olive oil. Cook hamburger and sausage meat and spread on top. Put tomato paste on top (in dabs). Lay slices of cheese over, and sprinkle with oregano. If desired, mushrooms or sliced olives may be put on top of meat mixture before cheese is put on. Bake in a 450° oven for 30 minutes.

HELEN SIMPSON-BAIKIE

CHEESE FONDUE

2 tablespoons butter
3 tablespoons flour
2 cups of milk
1 pound Canadian mild Cheddar or Swiss cheese
Salt and pepper
½ teaspoon grated nutmeg (optional)
1 loaf French bread cut in 1″ - 2″ cubes (fresh or toasted)
1 chafing dish

Melt butter in dish. Stir in flour smoothly, round and round with a wooden spoon. Add milk bit by bit, always stirring. When milk and flour mixture begins to thicken a little, add cheese. Stir continually. When cheese is melted add salt and pepper. Keep hot in chafing dish.

The idea is to fork cubes of bread into hot fondue individually — followed by a good sauterne wine.

JOHN SPARKS

SWISS ONION BAKE

2 cups sliced onions
2 tablespoons butter
5 hard-cooked eggs, sliced
2 cups shredded Swiss cheese
¾ cup milk
1 can condensed cream of chicken soup
¼ teaspoon pepper
8½ inch slices French bread buttered

Cook onions in butter until tender but not brown. Spread in bottom of pan 10″ x 6″ x 1½″. Top with eggs, then with cheese. Mix soup, milk and pepper. Heat, stirring until smooth. Drizzle sauce over casserole (be sure some goes to the bottom). Overlap bread slices on top. Bake in a moderate 350° oven for 20 minutes. Broil to toast bread. Makes 5 servings.

ANNE ADAMSON

CHEESE SOUFFLE

½ cup grated Parmesan, Gruyère or Cheddar cheese
2 tablespoons butter
2 tablespoons flour
1 cup milk (½ milk, ½ light cream)
4 eggs
1 tablespoon Madeira wine (optional)
1 teaspoon salt
Black peppercorns, cayenne

Grate the desired cheese, or mix all types together. Melt the butter and stir in the flour. When roux is smooth, add gradually the milk and cream heated together. Cook and stir over medium heat until smooth and thick. Beat egg yolks with rotary beater until light in colour. Combine with the cream sauce or roux. When combining hot cream sauce with egg yolks, pour a little of the sauce into the egg yolks, then add a little more and then the lot, stirring briskly between additions. This procedure prevents threads of scrambled egg turning up in the mixture. Add cheese and season with salt, freshly ground pepper, a dash of cayenne and the Madeira wine (if desired). Cool.

Beat 4 or 5 egg whites (an extra egg white never hurts a soufflé) and fold them into the soufflé mixture. (Beat egg whites until you can invert the bowl without disturbing the egg whites.) *Stir* about

¼ amount of the egg whites, first, rather than fold. Then fold in the rest, lightly and gently. Pour into an *unbuttered* 1½ quart soufflé dish and bake in a preheated 350° oven for 35 minutes. Makes 4 servings.

A little liquor helps the soufflé to rise but does not intoxicate the children. The alcohol evaporates.

MRS. IAN ROSS

CHEESE FONDUE

Quantities given are for four people. If a greater or lesser number to be served, alter *only* the cheese and dry white wine in proportion. Rub an earthenware casserole with a clove of garlic which should then be crushed and left in the bottom of the casserole. Add 24 - 28 ounces of grated rich Gruyère and Emmental cheese (½ and ½). Then pour over the cheese 4 wine glasses of dry white wine. Place the casserole over moderate heat on stove and stir with a wooden spoon, if the cheese forms a thick mass, continue stirring and it will be re-absorbed. As soon as the mixture commences to cook, stir in one liqueur glass of good kirsch or cognac in which you have dissolved one teaspoon of potato flour or cornstarch and a little grated nutmeg, salt and pepper to taste. A pinch of bicarbonate of soda at the last moment will make the fondue lighter. Place the casserole on table over a spirit-lamp which can be regulated with the flame just high enough to keep the fondue cooking gently during the meal.

Serve with diced bread with lots of crust. Spear a piece of bread with your fork, dip into fondue, stir and enjoy yourself.

If you loose your piece of bread while dipping in the cheese, the customary penalty is for you to buy the next round of wine. Beer on no account to be drunk with this dish.

MARKYTA MARES

Drink not the third glass, which thou canst not tame
When once it is within thee.

GEORGE HERBERT, The Temple

LASAGNE

½ pound each ground beef, sausage
1 clove garlic, mashed
½ cup each chopped onion, celery
2 6-ounce cans tomato paste
3 cups hot water
2 teaspoons each sugar, salt
½ teaspoon sage
1 pound Lasagne noodles, cooked
½ pound cottage cheese
½ pound Mozzarella cheese, sliced thin

Cook meat until crumbly. Add garlic, onion and celery; cook until tender. Stir in tomato paste, water and seasonings. Blend well.

Cover and simmer 50 minutes. Drain off extra fat. Arrange alternate layers of noodles, sauce and cheese in greased 13″ x 9″ x 2″ baking dish, ending with Mozzarella. Bake in a moderate 375° oven for 25 - 30 minutes or until cheese melts. Let stand out of oven for 5 minutes. Cut into squares. Makes 6 to 8 servings.

VIVIAN BRIGGS

BUCK RAREBIT

2 tablespoons butter or margarine
2 tablespoons flour
½ teaspoon dry mustard
½ teaspoon salt
1¾ cups grated Cheddar cheese
Paprika
1 egg
Toast
2 cups milk

Set heat of skillet at low heat (200°). Melt butter. Mix in shaker one cup of milk, flour, salt and mustard. Blend into melted butter. Add remaining cup of milk — stir until sauce is thick. Add cheese, stir until cheese is melted. Sprinkle with paprika. Poach one egg. Cover toast with cheese mixture and place poached egg on top.

VERA FRIEDRICH

And men sit down to that nourishment which is called supper.
SHAKESPEARE, Love's Labour's Lost

CHEESE AND ONION PATTIES

6 ounces flour
1 ounce lard
2 ounces butter
6 ounces Canadian Cheddar cheese (grated)
1 small onion

Boil the onion in salted water for 5 minutes. Drain and chop, mixing with the grated cheese. Make pastry of the flour, lard and butter, roll out to 1/8″ thickness and cut out 8 pastry rounds using a 3½″ cutter, and 8 rounds using a 2½″ cutter. Line prepared tins with the larger rounds. Fill with cheese and onion mixture. Moisten edges and cover with the smaller rounds. Press edges well to seal. Bake in centre of a preheated 425° oven for 20 - 30 minutes.

TONY BURTON

Bad men live that they may eat and drink, whereas good men eat and drink that they may live.

SOCRATES

NOW SHOWING

SAUCES

RICH SPAGHETTI SAUCE

1 pound hamburger
1 small onion (chopped)
2 sticks celery
1 can tomatoes
1 can tomato paste
1 package spaghetti sauce (powder)

Sauté the hamburger, onion and celery in pan, add remainder of ingredients and cook together. Makes 4 cups.

RALPH PASHLEY

RHUBARB CATSUP

1 quart rhubarb (cut fine)
1 quart onions (cut fine)
1 quart vinegar
1½ pounds brown sugar
1 tablespoon salt
1 teaspoon allspice
1 teaspoon cloves
1 teaspoon cinnamon
1 teaspoon ginger
½ teaspoon black pepper

Boil for 3 hours slowly. Makes about 2 quarts.

VIOLA HANNA

STEAK SAUCE

6 medium-sized mushrooms
1 teaspoon minced shallots
1 teaspoon chopped parsley
½ pint red or white wine, preferably a dry wine
1 ounce butter

Sauté mushrooms until they are lightly browned. Add to wine, shallots and parsley and simmer for about 15 minutes, while the steaks are broiling. Just before serving, add the butter.

Serves four, but if you have dancers for dinner, double or triple the quantity of everything. The ideal meat is medium-sized filets, but since so few butchers nowadays sell filets to order, any good steak will do.

CELIA FRANCA

RAISIN SAUCE FOR BAKED HAM

¾ cup seeded raisins
1 cup water
¾ cup brown sugar
5 cloves
1 teaspoon cornstarch
Dash of paprika
1 tablespoon butter
1 tablespoon vinegar
1 tablespoon lemon juice
Worcestershire sauce (few drops)
1 tablespoon horseradish grated

Cover raisins with water in double boiler. Add the cloves and allow to simmer until slightly thickened Add butter and balance of ingredients. Serve hot. Makes 6 servings.

TOM BATEMAN

BARBECUE SAUCE

¼ cup vinegar
¾ cup water
2 tablespoons brown sugar
3 tablespoons onion soup mix
½ teaspoon pepper
1 teaspoon salt
1 tablespoon prepared mustard
1 thick slice lemon
¼ cup butter
½ cup catsup

Combine all the above ingredients *except* the catsup, and simmer for 10 minutes. Stir in the catsup last and reheat. Makes approximately 1 pint. Delicious sauce for hamburger, pork chops or any barbecue dish.

BARBARA WALDNER

MEAT SAUCE

A sauce recipe learnt while living in Shirley Faessler's theatrical rooming-house in Toronto.

1 cup soya sauce
¼ cup vinegar
¼ cup red wine (anything does, the most expensive tastes much the same as the cheapest)
2 tablespoons brown sugar
Lots of pure garlic powder
Salt and pepper

Thin down slightly with water.

This sauce is good spooned onto pork chops a few minutes before removing from pan. Fennel also added tastes gorgeous.

CHINESE DINNER

For a quick Chinese dinner for four get 1½ pounds shoulder of pork cut in pieces. Brown well, add the above sauce (watered down a bit more). This can be cooked beforehand. When reheating add strips of green pepper, cook instant rice, and heat a couple of bought cans of frozen chow mein. Serve with egg rolls spread with hot mustard and plum or peach jam. You can have the whole meal ready in about 10 minutes — pretty quick for after a show.

MARINATING

When marinating meats, I use this same meat sauce and marmalade, or any jam. It also helps to make the meat tender to add 7-Up, or ginger ale or beer. Add a couple of tablespoons and drink the rest — it helps make cooking fun.

LOUISE GLENNIE

Every investigation which is guided by the principles of Nature fixes its ultimate aim entirely on gratifying the stomach.

ATHENAEUS

THEATRE IN THE KITCHEN

NOW SHOWING

PANCAKES

UKRAINIAN CHEESE PANCAKES

2 cups *dry* cottage cheese
2 tablespoons sour cream (sometimes I use buttermilk)
2 eggs well beaten
1 tablespoon honey
½ teaspoon salt
2 tablespoons whole wheat flour
2 tablespoons butter or margarine
6 tablespoons finely-ground hazelnuts *or* sunflower seed meal (I use the latter)

Rub the dry cottage cheese through a sieve. I find some brands only need to be separated with a fork. Blend into it the other ingredients, mixing well. Sometimes I add cinnamon, or nutmeg, or lemon peel grated not too fine, or I add all of these! The batter is quite stiff. Sauté the cakes in an electric frying pan, in hot vegetable oil, very little of it, at about 340°. Put about one piled-up teaspoon for each little pancake. Serve them with sour cream, maple syrup, or grated lemon peel mixed with sugar and cinnamon, or a combination of these! They are very nice cold, too, in a luncheon box.

AMELIA HALL

It is computed that eleven thousand persons have at several times suffered death, rather than submit to break their eggs at the smaller end.

JONATHAN SWIFT, Gulliver's Travels

FRENCH PANCAKES

¾ cup all-purpose flour
½ teaspoon salt
1 teaspoon baking powder
2 tablespoons powdered sugar
2 eggs
2/3 cup milk
½ cup water
½ teaspoon vanilla, or
½ teaspoon grated lemon rind

Sift the flour, resifting with the dry ingredients. Beat the eggs, add the liquid ingredients and beat again. Make a well in the sifted ingredients and pour in the liquid. Combine with a few swift strokes. Ignore the lumps; they will take care of themselves. Heat a 5″ skillet. Grease it with a few drops of oil. Add a small quantity of butter. Tip the skillet and let the butter spread over the bottom. Cook the pancake over moderate heat. When brown underneath, reverse it and brown the other side. Use a few drops of oil for each pancake. Spread the cake with jelly, roll it, then sprinkle with sugar; *or* butter, sprinkle with sugar and add a squeeze of lemon, then roll and devour. Makes 14-16 5″ cakes.

DOUGAL FRASER

CORN FRITTERS

1 can creamed style corn
1 cup flour
1 teaspoon baking powder
1 teaspoon salt
¼ teaspoon paprika or pepper
2 eggs

Beat the eggs, add corn, flour and dry ingredients. Fry in deep fat, like doughnuts, by dropping into the fat by spoonfuls.

EUGÈNE GALLANT

POTATO PANCAKES

6 raw potatoes grated
1 egg
1 tablespoon flour
Salt and pepper to taste

Mix up, and fry as ordinary pancakes.

EUGÈNE GALLANT

Being kissed by a man who didn't wax his moustache was —
like eating an egg without salt.

RUDYARD KIPLING

QUICK LUNCH

This is a quick lunch the late Marge Jones used to whip up in the summertime in New York, Dallas and Texas:

1 can jellied consommé into which you carefully whip chopped chives and red caviare to taste. Top with sour cream, chill, squeeze a wedge of lemon over it and eat (with champagne if possible!).

PETER DONAT

VARIATION ON ENGLISH MUFFINS

The following is an "accidental" after-theatre snack that I had to invent once in New York when we didn't have anything else in the refrigerator. It turned out to be very good!

Separate an English muffin with a fork, spread with mayonnaise, pile on a slice of onion, about 4 sardines, another dab of mayonnaise, and stick under the broiler until the mayonnaise turns brown. Take out and eat quickly. (Sounds lousy but it's really okay.)

MICHAEL LEARNED

CANADIAN CLUB SANDWICH

3 slices buttered whole wheat toast
Thick slices sharp Canadian Cheddar cheese
4 or 5 slices cooked back bacon
Sliced white chicken meat
Fresh crisp leaf lettuce
Salt and pepper
Salad dressing
Green pepper strips

I like the bread toasted lightly. Butter a slice and cover with Cheddar cheese, back bacon and some salad dressing. Stack on the second buttered slice, add the chicken and lettuce and spread with plenty of dressing. Sprinkle with salt and pepper and top with the third slice. To serve this sandwich as I like it, cut diagonally and heap green peppers on the side.

DON MESSER

ONION CANAPES

White bread
3 onions, chopped fine
3 tablespoons mayonnaise
1 teaspoon Worcestershire sauce
Dash of paprika

Mix mayonnaise, Worcestershire sauce and paprika with onions. Place a spoonful of onion mixture on pieces of white bread toasted on one side. Place under broiler until golden brown. Serve hot.

ELIZABETH SIMPSON-BAIKIE

FRIED EGG SANDWICH

(Midnight snack)

A little butter
4-5 drops Worcestershire sauce
Salt and pepper
1 egg

Melt butter in a small frying pan over high heat. When melted drop in Worcestershire sauce, salt and pepper. Reduce heat. Break egg into the pan, resalt and pepper. Turn egg when cooked, press with spatula to break yolk, turn off heat and allow egg to cook a moment or two longer until the broken yolk is firm. Slip onto buttered bread (not toast).

ROBERT PRICE

PINK POODLE CHEESE SPREAD

3 tablespoons butter
1 tablespoon minced onion
1 tablespoon flour
2 tablespoons claret or other dry wine
1 can cream of tomato soup
½ teaspoon dry mustard
½ teaspoon salt
¼ teaspoon pepper
Dash of powdered clove
¾ pound sharp cheese, cut in small pieces
1 egg, slightly beaten
1 pinch soda

Cook the onion in the butter until soft and yellow. Add the flour and when well blended, the claret and tomato soup. Stir in the seasonings, then the cheese, stirring until the cheese is melted. Add the soda, then the egg slightly beaten. Stir until very smooth. Serve on thin toast with more of the claret on the side.

GINI LEFEVER

SANDWICH SPREAD

1 tablespoon flour
1 tablespoon sugar
1 tablespoon butter
2 tablespoons vinegar
½ cup Carnation milk
1 cup grated cheese
2 pimentos (chopped fine)
2 hard-boiled eggs (chopped)
Dash of red pepper
Pinch of salt

Mix the first five ingredients together and cook until smooth in double boiler. Add the remaining ingredients. Store in jars in refrigerator.

Never serve sandwiches directly from refrigerator. Allow sufficient time at room temperature (well wrapped) for butter to soften.

VIOLA HANNA

Small cheer and great welcome makes a merry feast.
SHAKESPEARE, Comedy of Errors

CRAB
(Curried on a bun)

Mix ¼ teaspoon curry powder (more if you wish), a squeeze of lemon, and pepper to taste, with Kraft mayonnaise. Add fresh crab to above. Partially toast buns or English muffins and butter one side. Spread buttered side with above mixture. Sprinkle with grated mild Cheddar cheese. Broil and serve while hot.

This is fast and tasty. British Columbia people are so lucky to have fresh crab available. We in "Toronto the Good" ha! ha! must use the canned crab.

JULIETTE

And sometimes lurk I in a gossip's bowl
In very likeness of a roasted crab.
SHAKESPEARE, A Midsummer Night's Dream

THEATRE IN THE KITCHEN

NOW SHOWING

CAKES

ECONOMY FRUIT CAKE

2 cups brown sugar
1-1/3 cups hot coffee
½ cup shortening (butter, margarine, crisco)
2 pounds seedless raisins
1 teaspoon salt
½ teaspoon allspice
1 teaspoon cinnamon
½ teaspoon cloves

Combine the above ingredients, and simmer for 8 minutes. Leave to cool overnight. Comes the dawn, add the following:

2 well-beaten eggs
2-1/3 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon baking soda
1 pound fruit mix, or cherries

Spoon into a deep cake pan (8″ x 8″) and bake in a slow 275° oven for 3 - 4 hours, or until done.

HELEN SMITH

Oh, cakes and friends we should choose with care,
Not always the fanciest cake that's there
Is the best to eat! And the plainest Friend
Is sometimes the finest one in the end!

MARGARET E. SANGSTER

FESTIVE FRUIT CAKE

1 package white or spice cake mix
Grated rind of one orange
¼ teaspoon cinnamon
½ cup sugar
1 tablespoon cornstarch
¼ teaspoon salt
2 egg yolks
1 can crushed pineapple
1 cup shredded cocoanut
1 cup chopped walnuts
¾ cup halved candied cherries

Add cinnamon and orange rind to cake mix and bake according to instructions on package. Filling: Combine in saucepan, sugar, cornstarch and salt. Add eggs and mix well. Stir in undrained pineapple and cocoanut. Cook and stir until thick. Refrigerate. When cold add walnuts and cherries, use as filling for baked cake cut into 4 layers. Top with almond paste or whipped cream. Leave in refrigerator overnight.

PAMELA TRUEMAN

FUDGE CAKE

⅞ cup white sugar
½ cup butter
1¼ cups flour
1 teaspoon soda
1 teaspoon salt
2 tablespoons cocoa
1 egg
1 cup sour milk

Cream together the sugar and butter. Sift together the dry ingredients. Add the egg, well beaten, to the butter mixture. Add the sifted ingredients alternately with the sour milk (flour last). May be baked as one cake, or two small layers, in a 375° oven. Time depending on whether single cake or two layers. Test.

FROSTING (ALSO FILLING)

¼ cup butter melted with two squares Baker's chocolate
1 egg (beaten)
1 cup icing sugar

Beat all with electric beater. If too stiff add a very little milk. If not stiff enough add a bit more icing.

RAMONA MCBEAN

OLD FASHIONED GINGERBREAD

½ cup boiling water
½ cup shortening
½ cup brown sugar
½ cup molasses
1 egg
½ teaspoon salt
1½ cups whole wheat *cake and pastry* flour
½ teaspoon baking powder
½ teaspoon soda
¾ teaspoon ginger
¾ teaspoon cinnamon

Pour boiling water over shortening. Add sugar, molasses and slightly beaten egg, blend well. Sift flour and resift with dry ingredients, add to mixture. Beat until smooth with electric mixer. Line bottom of 8″ x 8″ pan with wax paper, pour in and bake in a 350° oven for 35 - 40 minutes. Cool in pan before turning onto wire rack.

VIOLA HANNA

COFFEE CAKE

6 whole eggs
3 egg yolks
1½ cups granulated sugar
1 cup all-purpose flour

Beat sugar, eggs and yolks until thick. Fold in sifted flour and pour batter into a greased and floured angel cake pan. Bake in a 300° oven until cake springs back when touched. Cool before turning out.

This is the first cake I ever made, while still in Czechoslovakia at the age of 12, and to this day it is a standby as a welcome for unexpected company.

SUSAN RUBES

LEMON LOAF CAKE

½ cup shortening
1 cup white sugar
2 eggs
1 lemon rind grated
½ cup of milk
1½ cups all-purpose flour
1 teaspoon baking powder
Pinch of salt
½ cup chopped nuts

Mix in order given, sifting flour, baking powder and salt together. Bake in a 350° oven for 1 hour. Spoon over hot cake, ¼ cup white sugar dissolved in juice of one lemon.

BARBARA WALDNER

DATE LOAF

1 cup chopped dates
¾ cup boiling water
2 eggs
2 tablespoons melted butter
¾ cup brown sugar
1 teaspoon vanilla
1¾ cups flour
1 teaspoon soda
1 teaspoon salt
½ cup chopped nuts

Soak chopped dates in boiling water. Cool. Beat eggs well, add butter, sugar and vanilla. Sift together the flour, soda and salt, add to mixture. Add date mixture, then chopped nuts and combine. Bake in a loaf pan in a 325° oven for 1 hour.

ANNE ADAMSON

NEOPOLITAN BARS

20 Graham crackers, finely crushed
½ cup melted butter
½ cup brown sugar
1 heaping tablespoon flour
2 cups medium coacoanut
1 tin Eagle Brand milk

Mix together the crackers, butter, sugar and flour. Spread in a 9″ x 9″ pan and bake in a 300° oven for 15 minutes (only *half* cook it). Then spread on this mixture the cocoanut mixed with the milk and bake in a 350° oven for another 20 minutes. Cool and ice with pink butter icing. Keep in refrigerator and cut in bars to serve.

SYLVIA AND BILL HOSIE

DEVON SPONGE CREAMS

2 eggs
3 ounces plain flour
3 ounces berry sugar
Pinch salt
¼ teaspoon baking powder

Grease and lightly flour 2 baking sheets. Whisk egg whites with salt until stiff and peaky. Whisk in yolks and sugar alternately. Whisk for 5 to 8 minutes until thick and creamy. Sift together flour and baking powder. Carefully fold dry ingredients into whisked mixture with metal spoon as lightly as possible until ingredients are

well blended. *Do not beat*. Drop teaspoonsful of mixture onto baking sheets allowing for spreading. Bake in centre of a hot 425° oven for 7 to 10 minutes until well risen and golden brown. Allow to cool, put two together with whipped cream and lemon cheese or jam, and dredge top with icing sugar. Makes 12 halves or 6 cakes with filling.

BERT WILLIAMS

EASY FRUIT CAKE
(made without flour)

1 can Bordens Eagle Brand milk
1 pound stoned dates (package)
1 cup chopped walnuts
Enough cocoanut to make a stiff paste

Add dates and walnuts to milk and mix thoroughly. Add shredded cocoanut until very thick. Pack into a 9″x5″ buttered pan. Bake in a 350° oven for 25 minutes or until well browned.

Guaranteed a prize winner at any church bake sale (men's division) always providing that the dates are the only thing stoned during the mixing.

GERTRUDE BALL

DELICIOUS BANANA CAKE

½ cup butter
1 cup white sugar
2 eggs
2 bananas
3 tablespoons sour milk
1 teaspoon soda
1½ cups flour
2 teaspoons baking powder
½ teaspoon vanilla

Cream butter well. Add sugar slowly and blend. *Separate* eggs — beat yolks and add. Sift flour, baking powder and soda together. Add flour and sour milk alternately. Beat the egg whites until stiff and fold in. Add bananas (mashed). Beat all together. Bake in a 350° oven about 30 minutes.

ETHEL LLOYD JONES

CHOCOLATE KISSES

½ package Baker's semi-sweet chocolate chopped, not fine
2 egg whites
⅛ teaspoon cream of tartar
⅛ teaspoon salt
¾ cup fine granulated sugar (berry sugar, to be sure)

Beat egg whites (electric mixer) until foamy. Add cream of tartar and beat until stiff. Add sugar gradually and beat until very stiff. Then fold in chocolate pieces. Don't substitute chocolate chips — the chunks should be five or six times as large. Drop on ordinary ungreased brown paper, with no pan, set on oven rack. Cook in a 300° oven about 25 minutes until dry. They are ready when they lift cleanly off paper.

Although meringues seem a dainty, this recipe is more widely — and wildly! — popular with men than any other I can think of. It must, however be made exactly like this, or I cannot vouch for its success.

JOY CHAPPLE

GUMDROP CAKE

1 pound seedless raisins (sultanas) boiled 5 minutes, drained and cooled
1 cup applesauce sweetened and cooled
1 pound gumdrops cut in pieces (no black)
2 eggs
1 cup butter
1 cup white sugar
3 cups flour
1 teaspoon salt
2 teaspoons baking powder

Sift flour, salt and baking powder together. Add 1 cup flour to raisins and mix. Add 1 cup flour to gumdrops and mix. Cream butter and sugar and add eggs and remaining cup of flour. Add apple sauce, raisins, and gumdrops mixing well after each addition. Bake in a 300° oven for 2½ hours. Makes 2 small loaf pans or 1 large one.

MARILYN NORMAN

My soul is dark with stormy riot,
Directly traceable to diet.

SAMUEL HOFFENSTEIN

DATE COOKIES

3 cups rolled oats
2½ cups flour
3 teaspoons baking powder
¼ teaspoon salt
½ cup shortening
½ cup butter
½ cup milk
1 pound chopped dates
2 cups brown sugar
1 cup hot water

Put rolled oats in bowl, sift flour, baking powder and salt together, add to oats, add 1 cup brown sugar. Melt shortening and butter, add to dry mixture with milk. Mix well. Roll out, cut with round cutter. Bake in moderate oven.

FILLING

Cook well together, the dates and balance of brown sugar in the hot water and put between cookies while they are still warm.

D'Auvergne Carteret
(Peter Mannering's mother)

No man can be a patriot on an empty stomach.

WILLIAM COWPER BRANN

CHERRY AND ALMOND CRISP COOKIES

1 cup butter
1 cup brown sugar
2 cups flour
Pinch of salt
½ cup glacé cherries (chopped)
½ cup blanched almonds (chopped)

Cream butter and brown sugar. Add flour and salt, then cherries and nuts. (You can buy slivered almonds to save chopping if you wish.) Roll dough into small balls. Press flat with fork on ungreased cookie sheet. Bake in a 375° oven.

MARGARET MARTIN

GINGER SNAPS

1 cup white sugar
1 cup shortening — scant
½ cup molasses
1 egg
3 cups flour
2 teaspoons soda
1 teaspoon baking powder
2 teaspoons cream of tartar
3 teaspoons ginger
½ teaspoon salt
½ teaspoon cloves

Roll in balls, do not press down. Bake in a 375° oven for approximately 12 minutes (top shelf). Makes 65.

JOY RICHARDS

PEANUT BUTTER COOKIES

(Of all the peanut butter cookie recipes, the crispiest and nicest!)

1 cup butter
1 cup brown sugar
1 cup white sugar
2 eggs
1 cup peanut butter
2½ cups flour
1½ teaspoons soda
1 teaspoon baking powder
Salt

Cream fat. Add sugar and well-beaten eggs. Add sifted flour, salt and soda. Roll into balls and flatten with fork. Bake in a 350° oven for 10 - 15 minutes.

ELIZABETH SIMPSON-BAIKIE

ANGEL COOKIES

1 cup butter or margarine
½ cup white sugar
½ cup brown sugar
1 egg
2 cups all-purpose flour
1 teaspoon cream of tartar
1 teaspoon baking soda
1 teaspoon vanilla
⅛ teaspoon salt

Cream sugar with butter. Add egg, mixing well. Add dry ingredients. Roll dough into small balls. Press flat with fork on greased cookie sheet. Bake in a 325° oven, 12 - 15 minutes. Makes 4 to 5 dozen.

MARGARET MARTIN

COCOANUT DROPS

1½ cups flour
1 teaspoon baking soda
1 teaspoon vanilla
¾ cup cocoanut
1 cup white sugar
¾ cup margarine and shortening (mixed)
¼ cup brown sugar
1 egg

Cream fats and sugar, add egg and stir hard. Mix in dry ingredients, drop by teaspoons on ungreased sheets. Bake in a 375° oven for 12 to 15 minutes.

JOY RICHARDS

ALMOND COOKIES

1 cup butter or half butter and half shortening
1 cup sugar
1 egg
2 cups flour
1 teaspoon soda
2 teaspoons cream of tartar
2 tablespoons chopped almonds
½ cup almonds

Cream butter, add sugar, blend thoroughly. Beat the egg, add and combine thoroughly. Sift the dry ingredients. Add to the mixture. Add the chopped almonds and combine. Form into balls and flatten by placing a blanched almond on top of each cookie. Bake in a 375° oven for about 10 minutes.

ETHEL LLOYD JONES

BROWNIES

2 squares unsweetened chocolate
1/3 cup shortening
1 cup sugar
2 eggs
¾ cup sifted flour
½ teaspoon baking powder
½ teaspoon salt
½ cup broken nut meats

Melt the chocolate and shortening together over hot water. Beat in sugar and eggs. Sift together and stir in the flour, baking powder and salt. Mix in nut meats. Spread in well greased 8″ x 8″ pan. Bake in a 350° oven for 30 - 35 minutes or until top has dull crust. A slight imprint will be left when top is touched lightly with finger. Cool slightly, then cut into squares.

Elizabeth Simpson-Baikie

ROLLED OATS FRUIT COOKIES

½ cup shortening
1 cup brown sugar
1 egg
½ teaspoon vanilla flavouring
½ teaspoon almond flavouring
2 tablespoons water
1¼ cups flour
½ teaspoon soda
½ teaspoon salt
1 cup rolled oats
¼ cup walnuts
½ cup raisins

Cream shortening and sugar and add well-beaten egg. Beat well. Sift flour, salt and soda together and add to shortening mixture. Add flavouring and water. Add nuts and raisins. Drop from spoon on greased cookie sheet. Bake in a 375° oven for 12 minutes.

Greta Sherman-Bradley

COCOANUT BARS

(Chewiest bars ever)

½ cup shortening
2 cups brown sugar
2 eggs
2 teaspoons vanilla
1 cup sifted all-purpose flour
2 teaspoons baking powder
1 teaspoon salt
1½ cups shredded or flaked cocoanut
½ cup chopped nuts

In saucepan, melt shortening, add brown sugar and mix, add eggs

and vanilla and beat well. Measure flour, add baking powder and salt. Stir into mixture in saucepan, with cocoanut and nuts, and mix well together. Spread in greased 9″x9″ pan, and bake in a 350° oven for 35 minutes. When cool, cut into bars.

D'Auvergne Carteret
(Peter Mannering's mother)

BRANDY SNAPS

2 tablespoons butter
2 tablespoons golden syrup
2 tablespoons brown sugar
1 teaspoon ginger
2 heaping tablespoons flour

Mix ingredients well together and place very small quantities (about the size of 25¢ pieces) on a cookie sheet. Be sure each piece is well apart from the others. Place in a 320° oven for a few minutes. Place immediately on a greased round stick until crisp, then slide off stick or roller.

This was one of my mother's recipes, a very special treat and I remember she used a special roller from a blind.

Wynne Shaw

The receipts of cookery are swelled to a volume;
but a good stomach excels them all.

WILLIAM PENN, Fruits of Solitude

THEATRE IN THE KITCHEN

NOW SHOWING

BREAD

CINNAMON BREAD

3 tablespoons brown sugar
1 tablespoon cinnamon
¼ pound butter
1 cup white sugar
2 eggs, beaten
2 cups flour
½ teaspoon soda
1 teaspoon baking powder
½ teaspoon salt
1 cup sour milk
2 teaspoons vanilla

Mix brown sugar and cinnamon. Cream butter and white sugar, add beaten eggs. Sift flour, soda, baking powder and salt and add to creamed mixture, alternating with sour milk. Add vanilla. Put half the mixture in a loaf pan. Sprinkle with half the sugar and cinnamon mixture. Swirl with a fork. Cover with the remaining loaf mixture and sprinkle with remaining sugar and cinnamon mixture. Swirl again with a fork.

HAMES SISTERS
Norma Hames

Why has our poetry eschewed
The rapture and response of food?
What hymns are sung, what praises said
For home-made miracles of bread?

LOUIS UNTERMEYER

DELICIOUS BROWN BREAD

Combine in large mixing bowl:

3 cups warm water
½ cup warm honey (room temperature)
¼ cup blackstrap molasses
2 to 3 tablespoons, packets, or cakes bakers' yeast

Leave for 5 minutes, or longer, to allow yeast to soften. Add the following:

¼ cup oil, butter or margarine
1 scant tablespoon salt
5 cups unsifted stoneground whole wheat flour

Beat by hand 100 strokes, or 7 minutes with electric mixer at low speed. Add and stir well:

1 cup wheat germ
1 cup soy flour
½ cup flax seed
½ cup cornmeal
Sufficient white flour to make a stiff dough

Sprinkle 1 cup white flour on pastry board and turn dough on to it. Knead until dough is smooth and elastic; use more flour if needed to prevent sticking. Put into oiled bowl, smooth side down, then turn greased side up. Cover and let rise in warm place (85 degrees) until double in bulk, or roughly an hour. Knead down to original size, cover and let double again. Knead to original size. For 1-pound loaves, divide into 3, for 1½-pound loaves, divide into 2. Place in well-greased pans using lard, butter, or margarine (not vegetable oils, they stick). Let rise until dough reaches top of pan. Bake in preheated oven at 350° for 50 minutes for 1-pound loaves, 70 minutes for 1½-pound loaves.

FOR RAISIN BROWN: Soak 1 cup raisins overnight in malt syrup and a little warm water. You can add to this recipe any extras that appeal, sun flower seeds, nuts, dates, millet, alfalfa, bran, rice polishings. You can substitute graham or rye flour. For a much lighter loaf, substitute unbleached white flour in whatever proportion appeals.

AVIS WALTON

To eat is human; to digest divine.

CHARLES TOWNSEND COPELAND

SODA BREAD

Bread recipe from Northern Ireland

SODA BREAD (GRIDDLE)

10 ounces flour
1 teaspoon baking soda (level)
½ teaspoon cream of tartar
1 teaspoon salt (level)
1 teaspoon castor sugar (small), berry sugar
1 teaspoon butter (optional)
Buttermilk

Mix dry ingredients and rub in butter. Mix to a soft dough with milk. Roll out to ½″ thick and cut into 4 farls. Bake on a fairly hot griddle. Wrap in a cloth until cool.

SODA BREAD (OVEN)

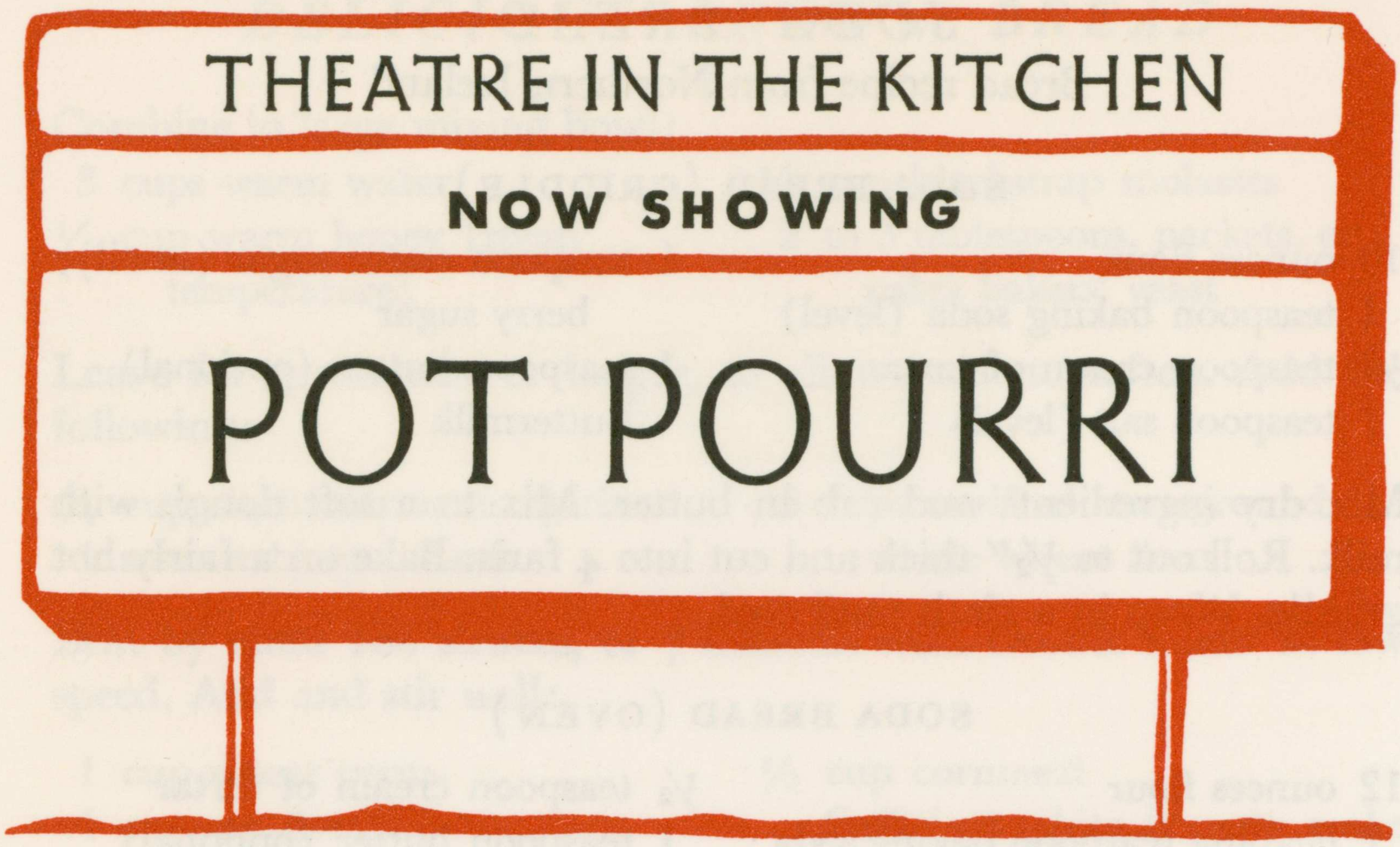
12 ounces flour
1 heaping teaspoon baking soda
1 teaspoon salt
1 teaspoon sugar
½ teaspoon cream of tartar
1 teaspoon butter (optional)
Buttermilk

Mix dry ingredients well together. Rub in butter. Make soft dough with buttermilk. Knead into bannock and put in a greased tin. Bake in hot oven. When cooked wrap in cloth until cool.

JOHN DREAN

Eat slowly; only men in rags
And gluttons old in sin
Mistake themselves for carpet-bags
And tumble victuals in.

SIR WALTER RALEIGH



COFFEE PRUNES

Fill a large glass jar with large uncooked prunes. Over them pour strong hot black coffee. When cool enough, put the top on the jar and place in the refrigerator for a week. At the end of that time a rich syrup will surround the prunes. I hear one can then if one chooses take the stones out of the prunes and fill them with almond paste, and then add brandy to the syrup. But without these extra touches I find these prunes delicious. I never cook prunes or add sweetening to them.

I seldom eat desserts and when I do I like them to be nourishing.

AMELIA HALL

ENGLISH LEMON CURD

1/3 cup butter
2 fresh lemons (juice)
2 eggs (slightly beaten)
1 cube sugar

Melt sugar, butter and lemon juice. Add eggs. Cook slowly over low heat or in double boiler, stirring constantly until mixture thickens. Will keep indefinitely in refrigerator (do not freeze). Use for tarts, cake filling, etc.

DOROTHEA HOUSE

GLEANINGS FROM YELLOWED OLD CANADIAN RECIPE BOOKS

VICTUALS OF QUALITY

The discovery of these dessert ideas was such fun. At a country auction in Quebec the auctioneer offered a torn straw basket full of "medicine books." I knew that such books of the 1800's and early 1900's were full of observations on food as well as remedies for the family and horses. So I made a bid and got the basket — and thereby received seven times my money's worth. Among the volumes was an 85-page book with a hard cover and the interesting title of *Victuals of Quality*. I translate here, for it was written in French and had been published on Rue Ste-Thérèse in Montreal in 1840. It contains two chapters of unusual ideas and I give you my favourites with direct English translations of their original titles:

FOR THE DELICATE FINGERS

The hostess with delicate taste has a fine way to offer a bite with the cool champagne taken in the moonlit garden. She fills nasturtium flowers with fresh cream cheese made light by the addition of whipped cream. To be happy you eat flowers and all.

SWEET PEACE APPLESAUCE

When you next serve a golden, fragrant roast of pork, serve it with applesauce made sweet with a liqueur glass of port wine, along with the pinch of sage and cinnamon. Top and beat with a piece of butter, but never, never add sugar.

FRUIT TEMPTATION

Cook enough fresh fruits of your choice in a minute quantity of water, over low heat in a covered saucepan, to make 2 cups of fruit purée after being put through a sieve. To the fruits add a syrup made with 1½ cups sugar and ½ cup water, the juice of 2 lemons or 2 oranges. Mix well and freeze until mushy.

MADAME JEHANE BENOÎT

HOT SPICED APPLE JUICE

2 quarts apple juice
½ cup brown sugar
¼ teaspoon salt
1 stick cinnamon
1 teaspoon whole allspice
1 teaspoon whole cloves

Combine ingredients in a saucepan. Slowly bring to simmering; cover and simmer 20 minutes. Strain to remove spices. Serve hot.

Excellent for after theatre or cast parties. May be made in advance and heated quickly. Each serving could be garnished with slices or wedges of oranges. Any remaining portions can be stored in the refrigerator until required for thirsty actors.

CLARA and CARL HARE

WHISKY SUNDAE

In a deep glass put some ice cream and over it pour some honey and about a tablespoon of Scotch whisky. Delicious!

AMELIA HALL

FOR HEALTHIER PUDDINGS

As everyone knows, yogurt is very good for the health generally, and an aid to digestion. If your milk puddings or baked custards call for 2 cups of milk, after they are cooked and set, whip into them a cup of yogurt. This is particularly good with chocolate puddings, and a good trick to do for a family, or an invalid who does not like straight yogurt.

AVIS WALTON

RICE DISH

(to serve with fried chicken or other meats)

1½ cups chopped celery
2 medium chopped onions
1½ cups raw rice (do not rinse)
2 tablespoons salad oil
2 cans of consommé
Salt and pepper

Coat rice with salad oil and consommé, salt and pepper to season. Cook covered, in a 350° oven for 45 minutes. Makes 8 servings.

WYNNE SHAW

PAS DE TROIS

1. Chafing-dish special (for buffet parties).
2. Entrée or luncheon dish.
3. Main course sauce for fried chicken or veal.

1 pound sliced mushrooms (button mushrooms are more attractive for chafing dish)
1 medium onion chopped fine
1/4 cup cooking oil
1/4 cup margarine
1/3 cup flour
1 teaspoon salt
1/8 teaspoon pepper
1/2 teaspoon sweet basil
1 bay leaf
1/2 cup sour cream
1/3 cup sherry
2 cups stock (chicken stock, or add 1 teaspoon Oxo to each cup of water)

Brown onion and mushrooms in oil. Prepare sauce separately. Melt margarine, blend in flour, salt, pepper, basil and bay leaf. Stir in stock slowly. Cook over low heat, stirring constantly until sauce thickens and boils one minute. Remove from heat, stir in sherry and cream slowly. Combine with mushrooms. Do not reboil.

To serve:

In chafing dish: Dot with croûtons and Parmesan cheese. Delicious with cold ham buffet platter.

As entrée or luncheon dish: Add chicken livers, chopped and fried. Serve over toast triangles topped with parsley sprig.

As sauce: Serve over fried chicken and spaghetti topped with Parmesan cheese and a sprinkle of sweet basil.

NOTE: Consistency should be thick for chafing dish and entrée. Thin a little for main course sauce.

Double recipe for buffet party.

BEBE EVERSFIELD

That all-softening, over-powering knell,
The tocsin of the soul — the dinner bell.

LORD BYRON, Don Juan

APPLE CHUTNEY

Chop and put into large pot:

4 cooking apples, pared and cored
½ pound pitted dates
1 large onion
1 cup drained pineapple (reserve juice)

Add the following:

1 cup seedless raisins
¾ cup ground drained preserved ginger
2 tablespoons flaked cocoanut
1 cup brown sugar
¼ cup lime juice
¾ cup cider vinegar
½ cup reserved pineapple juice
1 tablespoon salt
¼ teaspoon chili powder
½ teaspoon nutmeg
½ teaspoon mustard
Pinch cayenne

Cover and simmer for 45 minutes, stirring occasionally. Store covered in refrigerator. Makes 6½ cups.

JOAN FORDHAM

BOILED ONIONS WITH SWEET AND SOUR SAUCE

Combine:

¼ cup brown sugar
2 tablespoons cornstarch
¼ teaspoon dry mustard
1 teaspoon salt
⅛ teaspoon ginger

Gradually blend in the following liquids (combine first):

1 cup tomato juice with ¾ teaspoon chili powder added
½ cup water
2 tablespoons vinegar

Cook and stir constantly until smooth and thickened. Simmer 5 minutes, stirring occasionally. This is enough sauce for 12 small onions (1½ pounds). Makes 6 servings.

ETHEL LLOYD JONES

And if a boy have not a woman's gift
To rain a shower of commanded tears,
An onion will do well for such a shift.

SHAKESPEARE, Taming of the Shrew

BAKED CARROTS

12 small carrots
1/3 cup butter
1/2 cup sugar
1 teaspoon salt
1/3 teaspoon cinnamon
1/3 cup boiling water

Scrape carrots and place in casserole. Cream butter, sugar, salt and cinnamon together; add water and blend well. Pour over carrots, cover and bake in moderate oven (350°) for 1½ hours.
Makes 3 servings.

JOHN HODDER

CHESTNUT CURRY

1 pound chestnuts
Several small onions
2 tablespoons real curry powder
2 tins consommé
Lemon juice
1 chopped apple

Prepare chestnuts by pricking them and placing them in cool water, bring to boil. Boil 15 minutes and peel while hot. Chop the onions and sauté in butter until tender. Add the curry powder. Stir — don't hurry. While slowly stirring add the consommé. (At this point, if a more substantial meal is required small pieces of steak which have been browned may be added and allowed to simmer with the consommé.) Add chestnuts, lemon juice to taste, the chopped apple and salt and pepper to taste. Now use the imagination: add a handful of raisins, chopped ginger, cumin, perhaps peas and carrots. Makes 4 servings.

This curry should be prepared as early as possible and be reheated before serving. For best results prepare the day before. Serve with yogurt and rice plus all or any of the following in separate dishes:

chopped cucumber
chopped melon
slices of avocado
chopped eggs
toasted almonds
toasted cocoanut

This recipe is perfect for that special late supper for a very special cast on closing night.

JOY COGHILL

SPANISH RICE

(Good for Buffet Suppers)

1½ cups rice
12 or more slices of bacon
1 can or more tomato soup
Finely chopped chives if in season

Cook rice and drain. Cut bacon with scissors and fry until crisp. Remove bacon from pan with slotted spoon and drain on paper until crisp. Mix bacon, bacon grease, chives, rice and tomato soup well. Be sure mixture is very moist. Put in baking dish, cover, place in a pan of water and bake in a 300 to 350° oven for 1 hour.

JOE EASINGWOOD

LIVER FOR THOSE WHO THINK THEY DON'T LIKE IT

When buying a side of beef to freeze, or when ordering ground beef, get the butcher to grind ¼ pound of liver to each pound of beef. You might also ask him to grind in a percentage of beef heart. Heart is cheap, high in vitamin B complex, and tastes just like ground beef, but it is very muscular and cooks more easily and is more tender if it is ground. But the best source of vitamin B is liver. Use this ground mixture for meat loaves, hamburgers and casseroles, following your favourite recipes.

AVIS WALTON

YORKSHIRE PUDDING

⅞ cup flour
¼ teaspoon salt
2 eggs
1 cup milk
1 tablespoon melted butter

Sift flour and salt into mixing bowl. Beat eggs in a separate bowl until thick; combine with milk. Make hole in centre of flour, and gradually stir in milk and egg mixture. Add melted butter. Beat for about a minute. Pour some dripping from roast into shallow pan. Heat in oven, then pour in batter to ½-inch depth. Bake in a 450° oven for 20 minutes — gradually lowering temperature as baking proceeds.

VERA FRIEDRICH

CHILI CON CARNE

1	pound ground beef	2/3	cup chili sauce
1/3	cup onion, chopped	1	teaspoon chili powder
1	tablespoon fat	2	teaspoons vinegar
2	16-ounce cans kidney beans	2/3	cup water

Brown the beef, add onion, beans and remaining ingredients. Simmer 15 to 20 minutes. Stir occasionally. Makes 4 to 6 servings.

GEORGE FAIRFIELD

RECIPE FOR ALL EMERGENCIES

1	tea bag	4	lumps sugar
1	teapot		Boiling water

Brew in usual way and drink.

STUART BAKER

A little pot and soon hot.
SHAKESPEARE, Taming of the Shrew

THEATRE IN THE KITCHEN

NOW SHOWING

CHRISTMAS FARE

For most people, to be in professional theatre is to be a nomad. You live on trains, buses, planes, in hotels, rooms, other people's homes. Even your real home, the theatre, has a different stage each month, each week, perhaps even each night. But if you're lucky, you carry with you, wherever you wander, the memories that make a childhood and a home. Christmas, for instance, with your Mother making . . .

STUFFING FOR THE CHRISTMAS TURKEY

(enough for a 10 to 12 pound bird)

8 cups of breadcrumbs (½ brown, or all brown)
2½ teaspoons salt, 1/3 teaspoon pepper
2 tablespoons of minced parsley
1 small minced onion, parboiled
2 teaspoons poultry dressing
2 pounds sausage meat (preferably pork)

Mix all together and stuff turkey. Cover turkey breast with strips of fat bacon. Cover with well-greased brown paper. Cook in covered roaster.

D'Auvergne Carteret
(Peter Mannering's mother)

CHRISTMAS PUDDINGS

1 pound sultanas
1 pound raisins
1 pound currants
1 pound mixed peel
1 pound suet
1 pound brown sugar
1 cup almonds
1 grated carrot
5 or 6 eggs
1 teaspoon mace
1 teaspoon nutmeg
2 teaspoons salt
½ teaspoon cloves
1½ teaspoons cinnamon
Rind and juice of 2 oranges
2 cups scalded milk
2 cups stale whole wheat breadcrumbs
2 cups Roman meal
½ cup honey

Clean and mix fruits, suet, nuts. Scald milk, cool, add breadcrumbs and Roman meal, honey, sugar, beaten eggs and spices. Add to fruit mixture with juice and rind of oranges. Put suet into cool oven until melted, strain into bowl. Suet can then be grated easily (or use ready grated suet). Mix two above mixtures together. Stand overnight. Fill greased basins 2/3 full. Makes 3 puddings — 1 large, 1 medium, 1 smaller. Boil large one 6 hours, medium pudding 4 hours.

MINCEMEAT

1 pound raisins
1 pound currants
1 pound sultanas
1 pound brown sugar
1 pound mixed peel
1 pound suet
¼ pound almonds
2 pounds chopped apples
½ teaspoon each cloves, nutmeg, allspice
2 teaspoons mace
1 teaspoon cinnamon
½ teaspoon salt
Grated rind and juice of 3 lemons and 3 oranges

Mix well, cook slightly in cool oven. Use as needed.

D'Auvergne Carteret

TURKEY DRESSING A LA JULIETTE

2 tins prepared wild rice (drained) or
2 cups cooked wild rice
Grated rind of 1 lemon
2 apples, peeled and chopped fine
1 pound pork sausage, browned and drained well
1 teaspoon dry ginger
Salt and pepper
Chopped turkey liver
½ teaspoon thyme
½ teaspoon rosemary
¼ cup parsley
1 cup finely chopped celery and celery tops
1 large onion, chopped finely
1 green pepper (optional)
¼ pound butter
Bread crumbs or cubes

Gently sauté celery, celery tops, onion, and green pepper in butter. Add bread crumbs or cubes to butter mixture to make desired amount. Add all other ingredients and mix gently. Rub inside of bird with ½ lemon. Stuff bird and bake. Left-over dressing may be baked in a casserole. This recipe stuffs a 14 to 16 pound bird. Excellent also for chicken or cornish hen.

I have given out this recipe to many people and they love it. It was just one I experimented with. Whenever I serve it, very little bird goes, it's delicious, and don't be afraid of it. Men love it!

JULIETTE

LA TOURTIERE

FILLING

6 pounds minced pork
3 pounds minced beef
3 onions
1½ teaspoons cinnamon
1 teaspoon powdered cloves
3-4 garlic cloves minced
Salt
Pepper
Ac'cent
Thyme

Mix altogether and barely cover with water. Simmer until water almost disappears. Use your usual pie crust top and bottom. Bake in a 350° oven until brown.

These pies can be frozen unbaked and cooked as needed. Especially useful to have around at Christmas time. Makes 10 medium-sized pies.

GERTRUDE BALL

GREEN TOMATO MINCEMEAT

2 quarts minced green tomatoes (drained)
3 quarts chopped tart apples (unpeeled)
12 cups white sugar
4 cups dark raisins
8 teaspoons cinnamon
4 teaspoons each of salt, allspice, and cloves
1 cup vinegar
2 cups currants
1 cup mixed peel (optional)

Mix all ingredients, bring to a rapid boil, cook until thick (about 2½ hours). The colour will darken, and you'll have the best mincemeat you ever tasted.

JOE EASINGWOOD

PICKLED TONGUE FOR CHRISTMAS

Fresh beef tongue. Soak overnight in salt and water, or get the butcher to put it in brine for you for 48 hours. Start with a good fine-grained tongue. Boil until tender, testing with fork. Skin and put back in the same water, but watch for saltiness. Add this time a little soup stock if you have any, and continue to simmer until really tender.

Make a little bag of spices with the following:

About 6 cloves
3-4 peppercorns
Allspice
2 small pieces horseradish
1 stick cinnamon
Couple of chilli peppers
Small amount of bayleaf

Put spice bag in pan with tongue and continue to simmer slowly. For the last few minutes of cooking add two wine glasses of heavy port, a little rye whisky, a dash of vinegar and lemon juice. When cooking completed, lift tongue into a bowl with a round base. Dissolve 2 tablespoons powdered gelatin in cold water and then melted in the hot stock, strain stock over the tongue, turn it over and leave to solidify. Taste again for saltiness. For hungry Christmas callers serve sliced with bits of the jelly on buttered slices of fresh bread.

LAWRENCE EASTICK

Tongue; well that's a wery good thing when it an't a womans'.

CHARLES DICKENS

CHRISTMAS CAKE

2 cups sultana raisins
1½ cups mixed candied fruit
1 cup mixed red and green candied cherries (halved)
1½ cups mixed candied peels and citron (chopped)
2 teaspoons grated orange rind
½ cup brandy or orange juice
2½ cups all-purpose flour
1 teaspoon salt
1 teaspoon baking powder
½ teaspoon ground mace
1 cup butter
1 cup granulated sugar
2 teaspoons vanilla
4 eggs
½ cup blanched almonds (slivered)
½ cup pecans (coarsely chopped)

Wash the raisins in warm water; drain well. Combine in large bowl, raisins, peels and citron, cherries, candied fruits, orange rind and brandy or orange juice. Cover and let stand overnight. Next day, sift together flour, baking powder, salt and mace. Cream butter until light and gradually blend in sugar. Add eggs, one at a time, beating in well after each addition; stir in vanilla and *half* of the flour mixture. Add and combine well, the soaked fruits, the almonds and pecans and remaining flour mixture. Line a 9″ x 9″ x 3″ cake tin with aluminum foil, put mixture in and spread evenly. Bake in preheated 300° oven for 2½-2¾ hours. If the cake seems to be browning too rapidly, cover with heavy brown paper. Cool in pan on wire rack before peeling off foil. Top with almond paste and let your imagination run wild as regards decoration.

VIOLA HANNA

Christmas itself may be called into question
If carried so far it creates indigestion.

RALPH BERGENGREN,
The Unwise Christmas

The codfish lays ten thousand eggs,
The homely hen lays one.
The codfish never cackles
To tell you what she's done.
And so we scorn the codfish,
While the humble hen we prize,
Which only goes to show you
That it pays to advertise.

AUTHOR UNKNOWN

NOTES AND NEW RECIPES

The codfish lays ten thousand eggs,
The humble hen lays one.
The codfish never cackles
To tell you what she's done.
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